Briefing note

Make this Stoptober the month you quit smoking for good!

Stop for Life Devon is here to help residents take on the challenge of going smoke free this October and beyond.

Our free local stop smoking service offers a personalised 12-week programme of expert coaching, practical tools, and nicotine replacement therapy (NRT). With the right support, quitting becomes easier and more achievable!

Why quit this Stoptober?
Stopping smoking is one of the best things anyone can do for their health, wellbeing, and finances. The benefits start almost straight away:

- Better health: Heart rate and blood pressure drop within 20 minutes. After 72 hours, breathing becomes easier.
- More energy: Improved circulation means feeling fitter and less fatigued.
- Enhanced senses: Taste and smell sharpen, making food more enjoyable.
- Healthier skin: Stopping smoking restores blood flow, improving skin tone and vitality.
- Extra money: Quitting saves hundreds – even thousands – of pounds every year.
- Protecting loved ones: Reduces second hand smoke exposure at home and in the community.

How Stop for Life Devon can help?
✅ Free, expert coaching from trained advisors
✅ Tailored quit plans that fit individual needs
✅ Nicotine replacement therapy (NRT) to manage cravings
✅ Flexible support: phone, video call or face-to-face

Get involved this Stoptober

- Encourage colleagues, patients, friends, and family to take part.
- Share our resources – posters, social media graphics, and email copy – to spread the word.
- Signpost anyone ready to quit to Stop for Life Sandwell for free local support.

Let's quit smoking, together.

0800 122 3866
StopForLifeDevon.org
info@stopforlifedevon.org