

# Leeds NHS Stop Smoking Service

You're much more likely to be successful in quitting if you use your NHS Stop Smoking Service

Your local clinic is:

**LGI Monday afternoon  
or  
kirkstall H/C Thurs. afternoon**

phone: **0800 169 4219**

text: **SMOKEFREE to 60066**

email: **stopsmokingleeds@nhs.net**

[www.leedscommunityhealthcare.nhs.uk/smoking](http://www.leedscommunityhealthcare.nhs.uk/smoking)

**Why not give it a go? What have you got to lose?!**