30 seconds to save a life

Ask ▶ Do you smoke?

Advise ▶ There is free help to quit and it's easier to quit with support

Act ▶ Text QUIT to 66777

Free help to quit smoking

📞 01983 642369

🌐 SmokefreeIsland.co.uk

✖ f 📷 @SmokefreeIsland

Scan me!

Isle of Wight Council