

# Want to give up smoking for good?

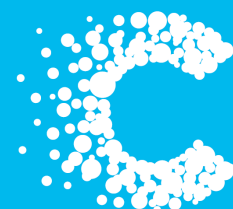
Using the right tools could help make it that bit easier.

You could try:

- Getting advice and prescription medication from your GP
- Using an e-cigarette
- Contacting the Wellbeing Service on 01472 325500 or text 'Wellbeing' to 60060 for a call back

Find out more at  
[cruk.org/righttools](http://cruk.org/righttools)

Together we will beat cancer



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