

**FREE  
SERVICE**



**Break  
The  
Habit**

You're 4 times more  
likely to quit smoking  
with expert help

**CONTACT US**

**0300 303 2868**

# Quit smoking with WDP Harrow

Call **0300 303 2868** for free and confidential  
support including:

Regular telephone/video call sessions with  
a smoking cessation advisor

Nicotine replacement products (e.g. gum, patch,  
lozenge, inhaler, nasal spray) sent by recorded  
delivery to your home

**EMAIL** [HarrowStopSmoking@wdp.org.uk](mailto:HarrowStopSmoking@wdp.org.uk)



@WDP\_Charity

**WDP**  
**Harrow**