



Get a **FREE** vape kit to help you **STOP SMOKING.**

What is **SWAPtoSTOP**?

SWAPtoSTOP is a new scheme open to all South Tees smokers over 18 years old who are wanting to quit. The scheme provides smokers with a FREE vape starter kit and oils tailored to you to help you swap to a less harmful alternative to cigarettes.

Up to 2 in 3 long term smokers will die from smoking but vaping is one of the most effective tools to support your quit. We are here to help.

How do I get my free vape kit?

You can sign up for the **SWAPtoSTOP** scheme by scanning the QR code below or by contacting a member of the Stop Smoking team by:

Telephone: 01642 727579

Email: stopsmoking@middlesbrough.gov.uk

Website: www.stopsmokingsouthtees.co.uk

What's the catch then?

There isn't one - the only thing we ask is that we can contact you at 4 weeks to see if you have fully swapped from cigarettes, using both or are still smoking.

