

# Stoptober

There Has Never Been a Better Time to Quit

The Army is transitioning to a  
**Tobacco Free Working Environment**  
between 1 Oct 21 to 31 Dec 22.  
Get ahead of the game.

## Resources

Contact your Medical Centre for an appointment  
with the Smoking Cessation Advisor

Smokefree National Helpline 0300 123 1044

Stop Smoking Northern Ireland

Quit Your Way Scotland

Help Me Quit Wales

NHS Quit Smoking

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British Lung Foundation Stoptober: the 28-day stop smoking challenge



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