



Stop Smoking Buddy

Kicking the smoking habit can be very hard, so it can really help to have another quitter to turn to for support – or a moan, or a laugh!

Use this form to keep a note of your quitting buddy's contact details and give them yours

Name:

Quit date:

NRT product I'm using:

More info about me:

Contact me by

- home phone number(please don't phone after)
- call to mobile number(please don't phone after)
- text to mobile number
- email daytime
- email evening / weekend

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