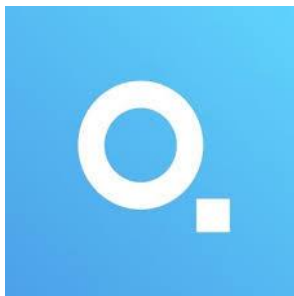


Smoking Cessation Apps



The NHS Smokefree app can help you stop smoking by providing daily support and motivation. If you stay smokefree for the 4-week programme you're up to 5 times more likely to quit for good.

Smoke Free- Using over 20 different scientific techniques, Smoke Free helps you become just that by logging cravings, identifying patterns and offering advice.



Quit Genius- Quit Genius uses a combination of cognitive behavioural therapy and a 4-step programme to help you change your relationship with smoking.

My Quit Route- My Quit Route will give you the expert advice and scientifically-proven tools you need to quit smoking for good.



Nicorette Stop Smoking - It gives you a variety of support tools when you're on the go, including advice, suggestions, and tips to help you tackle every aspect of your journey - from handling cravings to boosting motivation.

Stoptober- This app provides motivation and support on the go and when you need it most. You can even track the days you've been smokefree and see how much you're saving.



Links to access the apps on the Appstore:

Smokefree by Public Health England

<https://apps.apple.com/gb/app/smokefree/id687298065>



Smoke Free - Stop Smoking Now by David Crane

<https://apps.apple.com/gb/app/smoke-free-stop-smoking-now/id577767592>

Quit Genius - quit smoking by Digital Therapeutics Ltd

<https://apps.apple.com/gb/app/quit-genius-quit-smoking/id1234288038>



My Quit Route by Breaking Free Group

<https://apps.apple.com/gb/app/my-quit-route/id1348024304>

NICORETTE® Stop Smoking by Johnson and Johnson Consumer Services EAME Limited

<https://apps.apple.com/gb/app/nicorette-stop-smoking/id1189131363>



Stoptober by Public Health England

<https://apps.apple.com/gb/app/stoptober/id1034888815>