



# Smoke Free



## Stop smoking with Smoke Free Expert support that's proven to help 150,000 5-star reviews

**No.1  
App**



*"This app literally changed my life! 100% recommend"*

Melissa R.

Go to: [getmesmokefree.com](https://getmesmokefree.com), then enter your postcode



**Smoke Free**

working in partnership with



**LMS**  
Local Maternity Systems  
Northern England



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