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Smoking and vaping can affect your health and wellbeing. Whether you smoke, vape or both, help is available to help you make informed choices and stop when you are ready.

Key resources:

[Stop Smoking](#) NI provides free, expert support to help people across Northern Ireland quit smoking.

We connect you with local stop smoking services, trained advisors, and proven treatments to give you the best chance of becoming smoke-free. Whether you are ready to quit now or just thinking about it, support is available at every stage.

Using local stop smoking services can make you up to four times more likely to quit successfully.

Start your journey today - find support near you or begin your quit plan.

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