



Stoptober, the 28-day stop smoking campaign from Public Health England, is back from 1st October.

Stoptober has driven over 1 million quit attempts to date and is the biggest mass quit attempt in the country. It is based on research that shows that if you can stop smoking for 28 days, you are five times more likely to stay smoke free for good.

There are lots of ways to quit and Stoptober can help people choose what works for them. This includes using stop smoking medication or e-cigarettes. Stoptober offers a range of free support to help people on their quitting journey including an app, daily emails, Facebook Messenger and lots of encouragement from the Stoptober online community on Facebook.

In addition, people can get expert face-to-face advice from local stop smoking services. Those who use stop smoking aids and who get face-to-face support from their local stop smoking service are up to four times more likely to quit successfully.

Whilst Stoptober is a campaign in its own right, it is now positioned within the wider One You programme.

Click [here](#) to visit the Stoptober website.