

Better Health Sheff campaign Social media organic messages

We have developed the below social media organic messages for you to use alongside the Better Health Sheff/Smokefree Sheffield campaign video or social media assets supplied. Please use these across both Facebook and Twitter channels to help boost the campaign. You can use each one more than once, and would be great if you continue to post about this to help spread the word!

*Better health for you and your family is so important and quitting smoking is one of the best things you can do to improve your health straightaway.
For free and friendly advice on how to quit, visit [Smokefreesheffield.org](https://smokefreesheffield.org).*

*Stopping smoking is one of the best things you can do to improve your health and protect those around you. And once you quit, you'll feel the benefits straight away!
If you're unsure how to take the first step visit [Smokefreesheffield.org](https://smokefreesheffield.org) for access to hints, tips and tricks.*

If you want to stop smoking it can be hard to know where to start or who to go to for help. But taking the first step is what counts. And Smokefree Sheffield is here to give you the support you need.

Did you know you're three times more likely to quit smoking with the help of your local stop smoking service? You'll have an expert on hand to provide free, friendly support and encouragement.

If you're ready to quit smoking, the local service can help. From personalised quit plans, to nicotine replacement therapy or helping you switch to e-cigarettes, they'll help you find the way to quit that's right for you. Start your journey at [Smokefreesheffield.org](https://smokefreesheffield.org)

Quitting smoking is the best thing you can do to improve your health. We've got quit services at the end of the phone, online or via text. Whatever works for you. Together we can help you live a better, healthier, smokefree life.