



Key points

- Very similar to the stop smoking services you already receive, just in an app
- Most popular stop smoking app in the UK, 135,000 5-star reviews
- Easy to use, lots of helpful tools
- Proven to work in two scientific studies
- Completely free. You will not be charged.

More on each below

Very similar to the stop smoking services you already receive, just in an app

The app includes lots of the stop smoking techniques used in face-to-face services. The automated quit coach chatbot even follows the same stop smoking programme (Standard Treatment Programme) and the stop smoking experts you can ask questions of are the same people who provide face-to-face services, many of them still work there when they're not on the app.

Most popular stop smoking app in the UK, 135,000 5-star reviews

Highest rated (4.7 out of 5). Over four and a half million downloads. People regularly leave reviews saying it is the best app in the store, that it has made stopping smoking much easier for them.

Easy to use, lots of helpful tools

Downloading the app and installing it is cinch. Only a few questions to set it up (how many you used to smoke a day, your quit date, that kind of thing). Straightaway you'll be able to see how long you've been smoke free, the money you've saved, how your health is improving. And these figures change every minute, at least at first, so every time you come back to the app you get a little boost in how well you're doing.

If you need more help there are 'missions', short daily tasks designed to reinforce your quit and keep you a non-smoker. There is an automated quit coach chatbot who will check in with you each day, give you motivation, help you deal with cravings. And there are stop smoking experts who can answer any question you've got about quitting and can cheer every success that you have.

The automated features are available 24-hours a day and have been proven to triple your chances of success. The experts are available from 6am – midnight Monday to Friday and most of the weekend.

Proven to work in two scientific studies

People who used the missions were twice as likely to quit that people who used the core features only. People who used the chatbot were almost twice as likely to quit as people who used the missions.

Completely free

You will not be charged anything to use the app. After the three months ends you'll be able to carry on using the core features for as long as you like (core features are the times smoke free, money saved, health improvements made, badges and diary). You won't get any marketing emails or calls.

Need any more help with using the app?

The people who made it can answer all your questions and they're a friendly lot who are really happy to help. Why not download the app and give it a go?

If you would like you make use of this FREE additional support please email

smokingcessation@barnet.gov.uk