

Quitting smoking? It's possible!

Free advice and coaching

The logo for Tabacstop features the word "Tabacstop" in a dark blue, sans-serif font. Above the letters "a" and "c" is a blue curved line, and below the letters "o" and "p" is a yellow curved line.

Tabacstop

Belgian Foundation against Cancer

0800 111 00

(press 1 for English)

advice@tabacstop.be

- Our trained quit counsellors offer free anonymous help and advice, every weekday from 3pm - 7pm (Dutch - French - English).
- With an option of being called back at other times.
- Personalized coaching throughout your quitting process on request (only Belgian contact numbers).

Call 0800 111 00 (press 1) • advice@tabacstop.be
www.tabacstop.be (French website) • www.tabakstop.be (Dutch website)

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