

Key Campaigns Winter/Spring 2025



Better for everyone

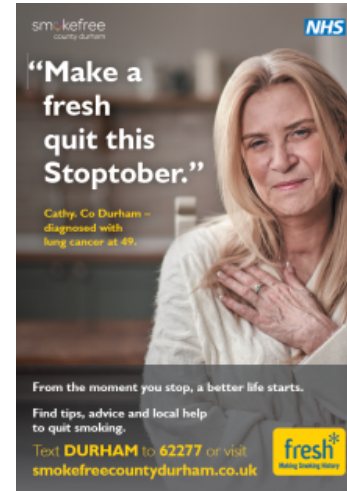
Autumn/Winter Campaigns 2024

- **Tobacco: Stoptober**
- **Alcohol is toxic**
- **Mental Health**
 - World Mental Health Day
 - Now You're Talking
 - The Big Arts Project
- **Domestic Abuse**



January to Spring 2025

- Alcohol
 - Alcohol is Toxic
 - Dry January
- Tobacco
 - Fresh: Regional quit campaign
 - NHS Better Health campaign



sm.kefree
County Durham

NHS

“Make a fresh quit this Stoptober.”

Cathy, Co Durham - diagnosed with lung cancer at 49.

From the moment you stop, a better life starts.

Find tips, advice and local help to quit smoking.

Text **DURHAM** to 62277 or visit smokefreecountydurham.co.uk

fresh
The National Quit Line



STOP TOBER

NHS

You're 5 times more likely to quit smoking for good.

Better Health
Let's do this



LIKE TOBACCO, ALCOHOL IS TOXIC.

Deep down it's doing you damage.

Alcohol is linked to more than 200 medical conditions including 7 types of cancer, liver disease, heart disease and stroke.

If you need help with alcohol misuse in County Durham call 03000 266666 or visit CoDurhamDrugAlcoholRecovery.co.uk

County Durham
Stop and Alcohol
Recovery
Centre

BALANCE
Reducing alcohol harm

January to Spring 2025

- **Mental Health**
 - Time to Talk Day
 - Now You're Talking campaign
- **Breastfeeding awareness**
- **NHS Enabling Healthy Weight**
- **Healthy Weight Declaration**



Access mental health and emotional support.
All in one place.

Mental health problems are common and can happen to anybody. If you're struggling, **we're here to help.**

View our rainbow resources at durham.gov.uk/adultmentalhealthsupport

Scan QR for further details

Partners: GPs Partnership, NHS, Durham Council, NHS, NHS, Durham