



# Endorsed resource – Breaking Free Online

Implementation support  
Published: 31 August 2018

[www.nice.org.uk](http://www.nice.org.uk)

[Breaking Free Group](#) has produced a [resource](#). Its content supports the implementation of recommendations in the NICE guideline on [individual approaches to behaviour change](#). It also supports the NICE guideline on [general approaches to behaviour change](#).

## Disclaimer

Endorsed resources are complementary to NICE guidance and are not produced by NICE. This resource has been developed by [Breaking Free Group](#), and is not maintained by NICE. NICE has not made any judgement about the quality and usability of the resource. In the event of any issues or errors, please contact [Breaking Free Group](#).

NICE has not tested the decision algorithms embedded in the resource.