

QUIT SMOKING.

Stopping smoking is one of the best things you will ever do for your health.

It's never too late to quit smoking. Whether you've attempted to quit before, been thinking about it for a while, or are only just considering stopping, we can help.

There are lots of different support options and tools available, so you can find the right way to quit for you.

What happens when you quit?

Your body starts repairing the day you stop smoking and benefits build over time.

Quitting not only improves your respiratory health but also your mental wellbeing.

You should also see a healthy improvement to your bank balance!



Did you know?

- After just 20 minutes of not smoking, your pulse rate will be starting to return to normal
- After 48 hours all harmful carbon monoxide will have been flushed out of your blood
- After 1 year your chances of a heart attack have halved compared with a smoker's.

Ways to quit

Many people try to quit smoking with willpower alone, but it's much easier with the right help.

There are lots of different support options available, and you can try a combination that works for you.



Download the free NHS Quit Smoking app

The app allows you to:

- Track your progress
- See how much you're saving
- Get daily support
- Keep on top of your cravings
- Nominate a Quit Buddy



Find your local Stop Smoking Service

With the expert help offered by a free local Stop Smoking Service you're 3 times as likely to quit for good.

Find your nearest local Stop Smoking Service by visiting the **Quit Smoking** page on the **Better Health** website.

Stop smoking aids

Stop smoking aids can help you manage nicotine cravings and other tobacco withdrawal symptoms.

Speak to your GP, community pharmacist or stop smoking adviser for advice on the different treatments available.



Get extra support

Additional support is available to help you quit and stay smokefree. This includes:

- Daily email support
- An online community on Facebook of others going through the same thing
- The free National Smokefree Helpline (0300 123 1044)

Search **Better Health Quit Smoking** for details on accessing the above support options.

Quitting tips

There are lots of helpful tips to help you succeed. These include listing your reasons to quit, using stop smoking aids and avoiding your smoking triggers.

Find out some more tips on the **Better Health** website.

Make sure you throw away all of your cigarettes before you start. Remember there is never 'just 1 cigarette'.

You can do it!

Search **Better Health Quit Smoking** or visit www.nhs.uk/betterhealth