



# Quit Smoking



With **all of us** in mind.

# Introduction



This information is from the NHS.

## It will tell you about:



Why you should try to quit smoking.



Ways to quit smoking.



Tips to quit smoking.

# Why you should quit smoking



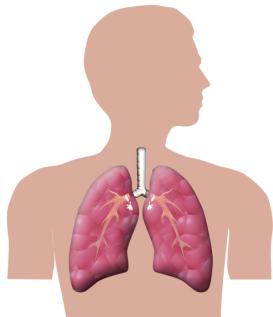
Quitting smoking is one of the best things you can do for your health.

It is never too late to quit smoking.

## What happens when you quit smoking?

Your body will start healing the day you quit smoking.

### Quitting smoking helps you:



With your breathing and your lungs.

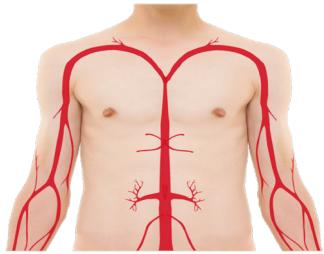


To be happier and in a better mood.

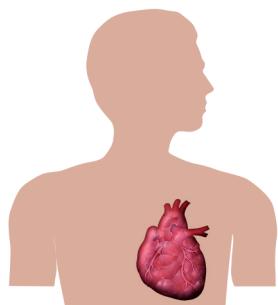


To save money.

# Did you know?



After **2 days** of not smoking, a harmful gas called carbon monoxide will have left your blood.



After **12 weeks** of not smoking, blood will be pumping through to your heart and muscles much better.



After **9 months** of not smoking, your lungs will be working better and you'll be breathing easier.



In **future years**, you'll be less likely to get ill.

# Ways to quit smoking



With the right help, you will find it much easier to quit smoking.



You can try quitting smoking on your own but most people find it very hard.



There are lots of different ways to help you stop smoking.

You can use more than one of these ways.

# Support



There are different ways to help you stop smoking for good.



Stop smoking services will give you free support and advice.



You can speak to them to find out how they can help.

0800 612 0011 (free from a landline)

0330 660 1166 (free from some mobiles)



You can find your local service on the Yorkshire Smokefree website:

<https://yorkshireSmokefree.nhs.uk/>

# Stop smoking aids



Stop smoking aids can help you to not smoke when you feel you really want to.

**Stop smoking aids are things like:**



E-cigarettes, also called vapes.



Nicotine gum and nicotine patches.



Stop smoking tablets.



You can speak to a stop smoking advisor about which would be best for you.

# Get extra support



You can get extra help to quit smoking if you need it.

## This includes:



A daily text with support.



Videos and information on our website:

<https://yorkshireSmokefree.nhs.uk/>



Use an app which is a computer programme for your phone, tablet or computer

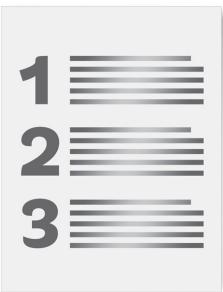


You can get the free NHS Quit Smoking app.

# Tips to quit smoking

There are lots of tips to help you quit smoking.

Some easy ones are:



Making a list of reasons why you want to quit smoking.



Using stop smoking aids, like nicotine gum or electronic cigarettes, also called vapes.

Nicotine is the thing in cigarettes that makes you want to smoke them.



Stay away from things that make you want to smoke.



Throw away any cigarettes you have.

# Notes



You can use this page to write down anything you don't want to forget.

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