

Stop smoking

Stopping smoking is the single biggest thing you can do to improve your health, but it's a difficult task. Smokers who are trying to kick their habit may be disappointed to find there's no single quit method that guarantees success. The weight of evidence suggests that smokers should set a date to stop, take advantage of all the help on offer, and do their best to quit completely from this point. ^(1.)

Want to stop smoking? Find out practical, quick and simple steps you can take now to quit successfully. Quit smoking and you'll be healthier and your skin will look better. Some small changes to your lifestyle may help you resist the temptation to light up.

- ⇒ There is a free local NHS Stop Smoking Service near you. Studies show that you're four times more likely to quit with NHS help. Developed by experts and ex-smokers and delivered by professionals, your local NHS Stop Smoking Service provides expert advice, support and encouragement to help you stop smoking for good. Free one-to-one support along with stop smoking medicines are available for the cost of a prescription. For your free quit-kit and to find your local service visit www.quitnow.smokefree.nhs.uk. ^(1.)
- ⇒ Quit4Life, the Hampshire NHS Stop Smoking Service is committed to helping the people of Hampshire to quit smoking and will support you through every step of quitting, from day one. And, what's more, their service is FREE. Statistics show that you are four times more likely to quit smoking with support, and Quit4Life is focused on giving you every possible chance of success. Visit www.quit4life.nhs.uk for information on the support they offer, text Quit to 60123 or call 0845 602 4663.
- ⇒ Quit smoking using your mobile phone. If you have an iPhone or iPod touch you can download the free NHS Quit Smoking app from iTunes App store. The NHS Quit Smoking app makes it easier to stop.
 - Provides daily support and instant tips.
 - Keeps track of how much money you're saving.
 - Shows how many days you've been smokefree.
 - Includes a direct line to the NHS Stop Smoking helpline.
 - Provides links to local NHS Stop Smoking Services.

Top Tips

- Think positive - you might have given up before, but tell yourself that you're really going to do it this time.
- Make a plan - make a promise, set a date and stick to it.
- Change your diet - is your after-dinner cigarette your favourite? A US study revealed that some foods, including meat, make cigarettes more satisfying. Others, including cheese, fruit and vegetables, make cigarettes less satisfying.
- Identify when you crave cigarettes - a craving can last five minutes. Before you give up, make a list of five-minute strategies.
- Keep your hands busy - Nicotine replacement therapy (NRT) can make you twice as likely to succeed. If you like holding a cigarette, use an inhalator.
- Make a list of reasons to quit and read it when you need support.
- Get help - don't do it alone. There is plenty of support available for those wanting to quit.

1. Local NHS Stop Smoking Services. NHS. 2014. <http://www.nhs.uk/smokefree/help-and-advice/local-support-services-helplines>

Stop smoking

Stop smoking cigarettes

If you feel the need for additional motivation and support, remember NICORETTE can help. They know just how difficult it is to quit smoking and have put together tips from other smokers who have successfully quit. Visit www.nicorette.co.uk.

Quit Smoking Support

Get the real facts behind smoking at www.betheretomorrow.co.uk

Free Quit-kit and your find local services

For your free quit-kit and to find your local service visit www.quitnow.smokefree.nhs.uk.

Quit4Life

Visit www.quit4life.nhs.uk for a variety of information on the support they offer or Text Quit to 60123 or Call 0845 602 4663.

Quit Smoking Widget

Download the Quit Smoking Widget and receive daily support on your computer to help you successfully stop smoking. Available for Windows and Mac from www.nhs.uk/Tools/Pages/Stopsmoking.aspx

Tips to help you stop smoking

Stopping smoking is not easy—you can find tips which may help you to stop at www.patient.co.uk.

Quit

Quit is the UK's only charity whose main aim is to offer practical help to people who want to stop smoking. Quit does not lecture people but just gives down to earth help and advice about stopping for good. Call the QUITLINE which is open 7 days a week 9am-8pm Mon-Fri and 10m-4pm Weekends to find out more about quitting or if you need a friendly and supportive ear to listen to you.

QUITLINE 0800 002200, www.quit.org.uk.

ASH

Action on Smoking and Health is a campaigning public health charity that works to eliminate the harm caused by tobacco and aims to be innovative and agenda setting in its work. Its policies are always evidence based and follow a dual approach. Call 0207 404 0242 or visit www.ash.org.uk.

Unravel the truth—Wise Up to Roll ups

The fact is hand rolling tobacco is as bad for you as ordinary cigarettes and smoking it can still result in the same health risks. For more information on how you can 'wise up to roll ups' including how you can request your wise up pouch visit www.wiseupandquit.co.uk.