# QUITTING SMOKING SUPPORT FOR PEOPLE WITH

SUPPORT FOR PEOPLE WITH MENTAL HEALTH CONDITIONS

# THREE GOOD REASONS TO QUIT

- Quitting smoking improves your mental health it can reduce depression, anxiety, and stress and improve positive mood and quality of life.
- Quitting smoking will save you up to £2,800 a year.
- Quitting smoking improves your physical health reducing your risk of 16 different cancers, stroke, heart disease and many other conditions.



- FACT Quitting smoking will protect the people around you from secondhand smoke which causes serious health conditions from asthma to cancer
- FACT Using an e-cigarette (vaping) is the most popular way to quit smoking in the UK
- FACT Combination NRT (e.g. nicotine gum with a nicotine patch) and Varenicline (Champix) are also effective stop-smoking aids
- FACT Quitting smoking can improve anxiety and depression as much as anti-depressants
- FACT Quitting smoking can reduce the amount of anti-psychotic medications (e.g. clozapine) you need to take
- FACT Children who live with parents or siblings who smoke are up to three times more likely to become smokers themselves

# **Smoking Who Needs It**

**Robert West, Jamie Brown** 

**Smoking Who Needs It:** 

#### Adopting the Melody of Term: An Emotional Symphony within Smoking Who Needs It

In a global consumed by screens and the ceaseless chatter of quick connection, the melodic splendor and emotional symphony produced by the prepared word frequently disappear into the back ground, eclipsed by the constant sound and interruptions that permeate our lives. Nevertheless, set within the pages of **Smoking Who Needs It** a marvelous fictional treasure full of fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this interesting masterpiece conducts visitors on a psychological journey, well unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths of this emotional examination, we shall explore the book is key harmonies, analyze their enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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