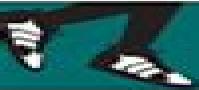


# QUITTING SMOKING

## SUPPORT FOR PEOPLE WITH MENTAL HEALTH CONDITIONS

### THREE GOOD REASONS TO QUIT

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



#### FACT

Support is available to help you quit smoking - find local services here: [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)



#### 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



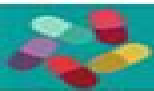
#### FACT

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

**M Walker**



## **Smoking Who Needs It:**

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are Some people think drugs become addictive because they alter the brain chemistry to create powerful urges that is often true Others think that drug taking is about seeking after pleasure often it is Some take the view that addiction is a choice addicts weigh up the pros and cons of doing what they do and decide the former outweigh the latter Yet others believe that addicts suffer from poor impulse control that is often true And so it goes on When you look at the evidence you see that all these positions capture important aspects of the problem but they are not complete explanations Neuroscience can help us delve more deeply into some of these explanations while the behavioural and social sciences are better at exploring others We need a model that puts all this together in a way that can help us decide what to do in different cases Should we prescribe a drug give the person some tender loving care put them in prison or what Theory of Addiction provides this synthesis The first edition was well received Throughout the book the reader is exposed to a vast number of useful observations The theoretical aims are timely refreshing ambitious and above all challenging It opens up a new way of looking at addiction and has the potential to move the field of addiction a considerable leap forward Thus we wholeheartedly would like to recommend the book for students as well as scholars Read and learn Nordic Studies on Alcohol and Drugs The book provides a comprehensive review of existing theories over 30 in all and this synthesis of theories constitutes an important contribution in and of itself West is to be commended for his synthesis of addiction theories that span neurobiology psychology and social science and for his insights into what remains unexplained Addiction This new edition of Theory of Addiction builds on the first including additional theories in the field a more developed specification of PRIME theory and analysis of the expanding evidence base With this important new information Theory of Addiction will continue to be essential reading for all those working in addiction from student to experienced practitioner as urged above Read and learn

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*Physical Health And Well-Being In Mental Health Nursing: Clinical Skills For Practice* Nash, Michael, 2014-06-01 This book was the first of its kind to focus on providing mental health nurses with the core knowledge they need

*The Need for FDA Regulation of Tobacco* United States. Congress. Senate. Committee on Health, Education, Labor, and Pensions, 2007

*Departments of Labor and Health, Education, and Welfare Appropriations for 1969* United States. Congress. House Appropriations, 1968

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**Independent Prescribing for General Practice Nurses** Amanda Blaber, Hannah Morris, Jennifer Gorman, Donna Goddard, 2021-10-06 General Practice Nurses play an essential role in delivering care through general practice taking on a spectrum of different responsibilities within patient care to support the ever increasing workload within GP surgeries clinics and health centres Often working autonomously as part of a multidisciplinary team general practice

nurses assess advise and treat patients of all different ages and backgrounds and therefore may encounter almost every aspect of patient care during their work This book is specifically aimed at GP Nurses undertaking independent prescribing within the complexity of contemporary primary healthcare It offers a complete overview for those taking on an independent nurse prescribing course as well as those nurses who have already qualified as independent prescribers Case studies written for the general practice setting will help nurses build on the skills and practice they have already developed as they take on the independent prescribing role and will also be of value to more experienced or advanced nurses hoping to refresh their existing knowledge Written by a range of specialist authors the book also covers the theoretical knowledge and context associated with independent prescribing enabling GP nurses to practise competently and confidently and deliver clinically effective person centred care     BTEC First Caring Neil Moonie,Yvonne Nolan,Siân Lavers,2003 This textbook has been thoroughly updated to cover the BTEC First Caring specifications which began in September 2003     *FDA Consumer* ,1979-02     **FDA Papers** ,1979     *Soldiers* ,1986

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