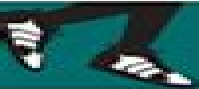


QUITTING SMOKING

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



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



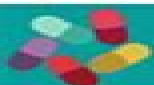
FACT

Combination NRT (e.g. nicotine gum with a nicotine patch) and Varenicline (Champix) are also effective stop-smoking aids



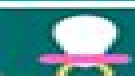
FACT

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

Thirumalaisamy P.
Velavancorresponding



Smoking Who Needs It:

Smoking Who Needs It Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Smoking Who Needs It**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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