

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



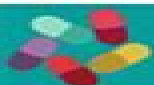
FACT

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

S Ben Porath



Smoking Who Needs It:

Reviewing **Smoking Who Needs It**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Smoking Who Needs It**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

<https://archive.kdd.org/public/book-search/HomePages/tante%20ju.pdf>

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Smoking Who Needs It Introduction

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