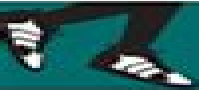


QUITTING SMOKING

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



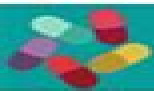
FACT

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

Neil Moonie, Yvonne Nolan, Siân Lavers

Smoking Who Needs It:

Adopting the Melody of Term: An Psychological Symphony within **Smoking Who Needs It**

In some sort of eaten by screens and the ceaseless chatter of instantaneous communication, the melodic elegance and emotional symphony developed by the published word usually fade into the background, eclipsed by the persistent sound and distractions that permeate our lives. However, set within the pages of **Smoking Who Needs It** a charming literary treasure filled with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that fascinating masterpiece conducts viewers on a mental journey, skillfully unraveling the concealed tunes and profound impact resonating within each carefully constructed phrase. Within the depths with this moving evaluation, we can discover the book is central harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

https://archive.kdd.org/data/detail/default.aspx/the_curious_history_of_bartholomew_fair.pdf

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