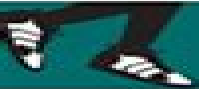


QUITTING SMOKING

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



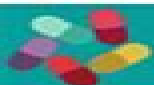
FACT

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

Minjie Lin



Smoking Who Needs It:

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Table of Contents Smoking Who Needs It

1. Understanding the eBook Smoking Who Needs It
 - The Rise of Digital Reading Smoking Who Needs It
 - Advantages of eBooks Over Traditional Books
2. Identifying Smoking Who Needs It
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Smoking Who Needs It
 - User-Friendly Interface
4. Exploring eBook Recommendations from Smoking Who Needs It
 - Personalized Recommendations
 - Smoking Who Needs It User Reviews and Ratings
 - Smoking Who Needs It and Bestseller Lists
5. Accessing Smoking Who Needs It Free and Paid eBooks
 - Smoking Who Needs It Public Domain eBooks
 - Smoking Who Needs It eBook Subscription Services
 - Smoking Who Needs It Budget-Friendly Options
6. Navigating Smoking Who Needs It eBook Formats

- ePub, PDF, MOBI, and More
- Smoking Who Needs It Compatibility with Devices
- Smoking Who Needs It Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Smoking Who Needs It
 - Highlighting and Note-Taking Smoking Who Needs It
 - Interactive Elements Smoking Who Needs It
- 8. Staying Engaged with Smoking Who Needs It
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Smoking Who Needs It
- 9. Balancing eBooks and Physical Books Smoking Who Needs It
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Smoking Who Needs It
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Smoking Who Needs It
 - Setting Reading Goals Smoking Who Needs It
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Smoking Who Needs It
 - Fact-Checking eBook Content of Smoking Who Needs It
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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