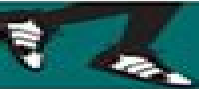


# QUITTING SMOKING

## 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



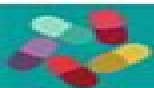
#### FACT

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

**RS Peters**



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