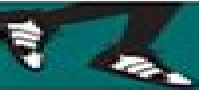


QUITTING SMOKING

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

JL Elias



Smoking Who Needs It:

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are Some people think drugs become addictive because they alter the brain chemistry to create powerful urges that is often true Others think that drug taking is about seeking after pleasure often it is Some take the view that addiction is a choice addicts weigh up the pros and cons of doing what they do and decide the former outweigh the latter Yet others believe that addicts suffer from poor impulse control that is often true And so it goes on When you look at the evidence you see that all these positions capture important aspects of the problem but they are not complete explanations Neuroscience can help us delve more deeply into some of these explanations while the behavioural and social sciences are better at exploring others We need a model that puts all this together in a way that can help us decide what to do in different cases Should we prescribe a drug give the person some tender loving care put them in prison or what Theory of Addiction provides this synthesis The first edition was well received Throughout the book the reader is exposed to a vast number of useful observations The theoretical aims are timely refreshing ambitious and above all challenging It opens up a new way of looking at addiction and has the potential to move the field of addiction a considerable leap forward Thus we wholeheartedly would like to recommend the book for students as well as scholars Read and learn Nordic Studies on Alcohol and Drugs The book provides a comprehensive review of existing theories over 30 in all and this synthesis of theories constitutes an important contribution in and of itself West is to be commended for his synthesis of addiction theories that span neurobiology psychology and social science and for his insights into what remains unexplained Addiction This new edition of Theory of Addiction builds on the first including additional theories in the field a more developed specification of PRIME theory and analysis of the expanding evidence base With this important new information Theory of Addiction will continue to be essential reading for all those working in addiction from student to experienced practitioner as urged above Read and learn

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new economy is characterized in the developing world by open capital markets and coordinated international regulation neither of which existed in the colonial period

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What Is a Public Education and Why We Need It Walter Feinberg, 2016-01-28 The unique mission of a public education is to reproduce a civic public For the most part this will not happen in a vacuum and requires specific institutions the most prominent of which are the public schools Publicly supported schools have other functions as well They socialize train produce a workforce and hopefully promote individual growth and autonomy Walter Feinberg argues that while all of these functions may be carried on by private or religious schools as well public schools should have the additional responsibility of reproducing a civic public for a diverse pluralistic society As Feinberg demonstrates the problem is that in the context of neoliberal ideology where all the other educational functions are reduced to economic ones within a market context ruled by competition nation to nation state to state community to community school to school teacher to teacher student to student the public function becomes less and less central and more and more difficult to carry out What Is a Public Education and Why We Need It suggests ways to change this by bringing the idea of a true public education back into focus

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Departments of Labor and Health, Education, and Welfare Appropriations for 1969 United States. Congress. House Appropriations, 1968

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Independent Prescribing for General Practice Nurses Amanda Blaber, Hannah Morris, Jennifer Gorman, Donna Goddard, 2021-10-06 General Practice Nurses play an essential role in delivering care through general practice taking on a spectrum of different responsibilities within patient care to support the ever increasing workload within GP surgeries clinics and health centres Often working autonomously as part of a multidisciplinary team general practice

nurses assess advise and treat patients of all different ages and backgrounds and therefore may encounter almost every aspect of patient care during their work This book is specifically aimed at GP Nurses undertaking independent prescribing within the complexity of contemporary primary healthcare It offers a complete overview for those taking on an independent nurse prescribing course as well as those nurses who have already qualified as independent prescribers Case studies written for the general practice setting will help nurses build on the skills and practice they have already developed as they take on the independent prescribing role and will also be of value to more experienced or advanced nurses hoping to refresh their existing knowledge Written by a range of specialist authors the book also covers the theoretical knowledge and context associated with independent prescribing enabling GP nurses to practise competently and confidently and deliver clinically effective person centred care BTEC First Caring Neil Moonie,Yvonne Nolan,Siân Lavers,2003 This textbook has been thoroughly updated to cover the BTEC First Caring specifications which began in September 2003 *FDA Consumer* ,1979-02 **FDA Papers** ,1979 *Soldiers* ,1986

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