QUITTING SMOKING SUPPORT FOR PEOPLE WITH

SUPPORT FOR PEOPLE WITH MENTAL HEALTH CONDITIONS

THREE GOOD REASONS TO QUIT

- Quitting smoking improves your mental health it can reduce depression, anxiety, and stress and improve positive mood and quality of life.
- Quitting smoking will save you up to £2,800 a year.
- Quitting smoking improves your physical health reducing your risk of 16 different cancers, stroke, heart disease and many other conditions.



- 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

Judika Illes

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