

Time to ...

Get some help

Getting help and support when you are stopping smoking is the most important thing you can do. Here are some suggestions, and you can find more information on WeQuit.co.uk

Local Stop Smoking Services

These **free** local services have helped thousands to quit for good. You are **four times** more likely to stop successfully with their help.

Nicotine Replacement Therapy (NRT)

It comes in gums, lozenges or patches which wean you off nicotine while you stop smoking. Used correctly NRT can **double** your chance of stopping.

Zyban® (bupropion)

This drug treatment changes your brain's response to nicotine. It makes smoking less pleasurable, reduces craving and can **double** your chance of succeeding. This is not suitable for everyone; ask your doctor for more information.

Champix® (varenicline)

This is a non-nicotine treatment that works by providing relief from cravings and withdrawal symptoms, and reducing the pleasure you get from smoking if you do smoke while using it. Studies have shown that it can increase the odds for stopping successfully by up to **four times**. Ask your doctor for more information.

Online

Check out WeQuit.co.uk for a friendly online forum, Facebook app, interactive tools, local services, top tips to quit and much more.

Alternative Therapies

Many therapists (acupuncturists, hypnotherapists etc) advertise services for smokers who want to stop. While some people find them helpful, they are not tested in the same way as products like NRT.

Helplines

FREE HELPLINES can tell you the location of your nearest free stop smoking service, give you access to specialist counsellors and send you further information.

The NHS and other agencies including the charity Quit provide specialist helplines.

Helplines

The main numbers are listed below:

England	0800 169 0 169
Wales	0800 085 2219
Scotland	0800 84 84 84
Northern Ireland	0800 783 3339
Pregnancy	0800 169 9 169
Quitline	0800 00 22 00

Helplines in other languages are listed on WeQuit.co.uk

Call your local stop smoking service today:

WeQuit.co.uk

This leaflet is also available in large print, braille or on tape

No Smoking Day is a registered charity 1006714 (England), SC039318 (Scotland)

Time to Quit?



Time for ...

A healthier body

You don't have to wait long for the benefits to start once you stop.

After...

20 minutes your blood pressure and pulse return to normal

8 hours nicotine and carbon monoxide levels in your blood are halved

24 hours carbon monoxide will be eliminated from your body and your lungs will have started to clear out the tar that's been clogging them up

48 hours no nicotine left in your body. Your senses of taste and smell are greatly improved

72 hours your breathing becomes easier and your energy levels increase

2-12 weeks your circulation improves and exercise can be easier

3-9 months any coughs, wheezing and breathing problems improve

Time to ...

Reward yourself

The financial benefits of stopping soon add up.

1 day = £6.30 = a movie rental or a few magazines

1 week = £44.10 = shoes, facial, a cheap flight or DVDs, paintballing, a day at the races

1 month = £189 = a shopping spree or premiership football tickets, a day rally driving

3 months = £567 = two weeks in the sun or a new laptop, latest flat screen TV

6 months = £1,134 = Football season ticket, a family holiday, a home cinema, top of the range bicycle

1 year = £2,299 = new kitchen, designer jewellery, a car or a luxury leather suite



Please note that these figures are based on a 20-a-day smoker paying £6.30 per packet of 20 cigarettes

Time to Quit?

Here are some tips and advice

Get free local help

- find your nearest free stop smoking service by calling a helpline. With their help and a proven drug treatment it is **four times** more likely that you'll succeed in stopping smoking.

Deal with nicotine withdrawal

- your pharmacist or GP can talk to you about the proven treatments that can double your chances of success.

Tell your friends and family

- get them on board to help you succeed

Make a list of the reasons why you want to stop smoking

- to be fitter, for your children or to save money; carry the list to remind yourself during difficult moments.

Know what to expect

- most people will find it difficult to stop smoking but it does start to get better after just a few days - remind yourself of the benefits you'll gain from quitting.

Keep a diary

- note when and where you smoke, and how you feel each time.

Avoid temptation

- use the clues from your diary to spot the smoky situations in your day and make a plan to help you avoid them. Remember each craving only lasts five minutes - just hang on!

Reward yourself

- plan some treats with the money you will save

Don't have "just one" cigarette

- it's the first step back to 20-a-day

Set a date - No Smoking Day on **Wednesday 9 March 2011** is a good time to stop with millions of other people. Go to WeQuit.co.uk for online support, help and information.