



"One **very good reason** I need to quit this time."

Your guide to trying again and quitting for good



02 Smokefree How to quit for good

Had a cigarette again? Don't worry...

Smokefree provides advice, support and encouragement to help people quit smoking for good. The services provided are in most cases completely free of charge.* Developed by experts and ex-smokers, local NHS Stop Smoking Services are delivered by NHS professionals.

*If you usually pay for prescriptions there may be a charge for any stop smoking medication prescribed by NHS professionals or bought over the counter.

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... it can take a few tries to quit smoking for good. You've tried before and this can help you now. Use your experience and keep saying...

I can do it!

04 Smokefree How to quit for good

Be honest, ask yourself:

Why did I start smoking again?

- Thought I could **just have one**?
- Didn't prepare well or think about smoking triggers?
- Didn't work out ways of dealing with stress?
- Put on weight?

What do I do if I have a cigarette?

- Remind yourself why you want to quit
- Bin any cigarettes you've got
- Avoid the situation that made you start again – go outside or go to a different room next time
- Call a friend or **Smokefree** on **0800 169 0 169**
- Think positively and remind yourself that you can do it



06 Smokefree How to quit for good

There are three ways we can help:

Maybe you tried to do it on your own, or you used a method that may not have been right for you. It's time to try something different.

There are lots of ways to quit smoking, and it's about finding the one that works for you.

Whatever way you choose, relying on willpower alone means you're less likely to succeed. The **'Smokefree guide to quitting'** supports you through those critical moments in four easy-to-follow steps. You'll find plenty of self-help exercises, tips and a planner that helps you to record your progress towards quitting smoking.

For a free copy, call 0800 169 0 169 or visit www.nhs.uk/smokefree

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- 1 With help from your local **NHS Stop Smoking Service** you're up to **four times more likely to quit** than if you choose to go it alone, and **9 out of 10** smokers who have used their local NHS Stop Smoking Service **will recommend it**.
- 2 Sign up with the **Smokefree Together programme** and we'll post you the information packs you need and **advise you** at all the **critical stages** of your quit journey, with **supportive text messages**, emails and phone calls. So if you can't make the local NHS Stop Smoking Service meetings, you can still get support, **and all for free**.
- 3 Using **stop smoking medicines** (such as nicotine replacement therapies, Champix or Zyban) can help you through those early stages when **cravings are strongest**. Using such products means you'll be **twice as likely to succeed**.

Call Smokefree on:
0800 169 0 169
or visit:
www.nhs.uk/smokefree

Local NHS Stop Smoking Services
For one-to-one or group-based advice, text **QUIT** plus your post code to **88088**
For free advice, help and support:
Go to www.nhs.uk/smokefree or www.facebook.com/nhssmokefree
Call Smokefree on **0800 169 0 169**
(Weekdays 9am-8pm, Weekend 11am-5pm)
Or **textphone 0800 169 0 171**

Because life's better smokefree.

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