



LOCAL NHS STOP SMOKING SERVICES

For one-to-one or group-based advice. Just text

GIVE UP plus your postcode to **88088**

NHS Smoking Helpline

7am-11pm every day

0800 169 0 169

Textphone

0800 169 0 171

For free advice, help and support

For online help and support and
the chance to 'Ask an Expert'

GOSMOKEFREE.CO.UK

Your local GP or pharmacist

**FOR PRODUCTS TO REDUCE
NICOTINE CRAVINGS**

NHS Pregnancy Smoking Helpline

12pm-9pm every day

0800 169 9 169

NHS Asian Tobacco Helplines

1pm-9pm Tuesdays

0800 169 0 881 URDU

0800 169 0 882 PUNJABI

0800 169 0 883 HINDI

0800 169 0 884 GUJARATI

0800 169 0 885 BENGALI

TRIED TRY AGAIN

How relapsed smokers can stop for good.

TRY TO TRY AGAIN?

'The Beatles had their first number one with their fourth single'

SET A DATE

1 THINK ABOUT STOPPING

BIN ALL MY CIGARETTES

2 PREPARE TO STOP

3 GO SMOKEFREE

I'M SMOKEFREE!

4 STAY SMOKEFREE!

LAST TIME THIS TIME

Just because you've tried to go smokefree before and have not succeeded, does not mean that you can't do it. The truth is that most people need four or five attempts before they succeed in going smokefree. You can do it.

You have the advantage of being able to use your previous experience to avoid the situations that caused you to go back to smoking, and it's this knowledge combined with fresh resolve that will make this time the last time you stop.

What made you stop smoking the last time you tried to go smokefree? Were you concerned about the harm you were doing to your body or did you want to be free from the smell of smoke? Perhaps you realised the

financial benefits of going smokefree? Or was it the thought of waking up and feeling completely fresh? Whatever your reason, it's still as valid as ever.

This leaflet tells you everything you need to know, from what support is available to useful advice and tips to make sure that this time, you go smokefree for good.

PAST FUTURE

Perhaps the reason why you were not successful last time at going smokefree, was because you tried to do it on your own, or you used a method that may not have been the right one for you. It's time to try again with a new method.

There are many different ways of going smokefree, and success is often a case of trying a different way, or finding the combination of methods that works best for you.

In many areas your local NHS Stop Smoking Service can provide you with free help and support from trained experts, either as part of a group, or one-to-one if you prefer.

Nicotine replacement products are available on prescription or over the counter. You're up to four times more likely to be successful if you go to your local NHS Stop Smoking Service and

use NRT, than using willpower alone. There are several different types, from inhalators to gum, and they help you beat those cravings during the first few weeks.

The Together Programme, developed by ex-smokers and professionals, is a way of going smokefree with the support of others. You don't even need to leave the home – the programme delivers information packs, supportive text messages, phone calls and emails at the crucial stages. And it's all free!

To find out which method of going smokefree would work best for you call the helpline on **0800 169 0 169**, or visit **GOSMOKEFREE.CO.UK**


TIME TO TRY AGAIN? 'Roger Bannister had several attempts before achieving his legendary 'four minute mile'



"THE THOUGHT OF STOPPING IS ACTUALLY MUCH WORSE THAN STOPPING ITSELF, GIVE IT A TRY, THEN TRY AGAIN, AND AGAIN - LEARN FROM EACH EXPERIENCE"
MICHELLE, HALIFAX.

ONE MORE LAST ONE

There is no greater incentive to going smokefree than the immediate benefits that you experience. Within just 24 hours you'll start to feel your lungs get clearer, and after 48 hours your sense of smell and taste will improve. Concentrate on these, and look forward to the physical, mental and financial benefits that are yet to come.

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- THROW AWAY MY CIGARETTES
 - GET PREPARED - TELL FAMILY AND FRIENDS
(I'LL NEED THEM FOR SUPPORT, IS THERE ANYONE WHO WILL GIVE UP WITH ME?)
 - WHAT WENT WRONG LAST TIME, WHAT MADE ME SMOKE, HOW WILL I DEAL WITH IT THIS TIME?
 - MUST STAY POSITIVE, EVEN IF I SLIP UP,
I'VE GOT TO CARRY ON - WILL SUCCEED!