

Stop Smoking

EASY READ GUIDE



About this easy read booklet

This booklet is about stopping smoking.



You can learn how to be healthier by stopping smoking.

We can help you in a friendly way.

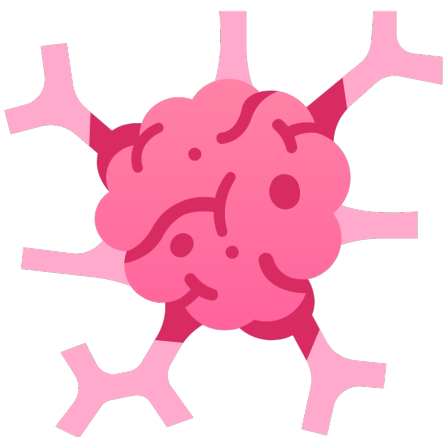


Smoking and your health



Smoking can lead to lots of health problems.

Smoking has lots of bad chemicals. These chemicals can hurt your body and make you ill.



Smoking is the biggest cause of cancer and heart disease.

Nicotine in cigarettes makes it hard to stop smoking.

Ways to improve your health

To lower your risk to health, you could:

- Not start smoking at all

- Stop smoking

- Try to smoke less

- Stay away from smoky places: it is bad for your health to breathe in other people's smoke



How to stop smoking

Agree you want to stop.

Think about why you want to stop and how this will make you feel better.



You can get advice on how to stop smoking from Smokefree Norfolk. Friendly help is available. Talking to an advisor will help you stop smoking.

Get stop smoking medications or a vape. Advice and stop smoking medicines can help you stop smoking. It is harder to try to stop on your own. You can get medications or a vape from Smokefree Norfolk.



Talking to other people who are trying to stop smoking can help you to stop.

Benefits of stopping smoking

There are lots of good things about stopping smoking:

- More energy
- Your body will feel better
- You will be able to breathe easier
- You will have more money because you won't be buying cigarettes
- Other medicines you take may work better



How Smokefree Norfolk can help you

Stopping smoking can be hard. We can help you in a friendly way.

You can get support from Smokefree Norfolk:



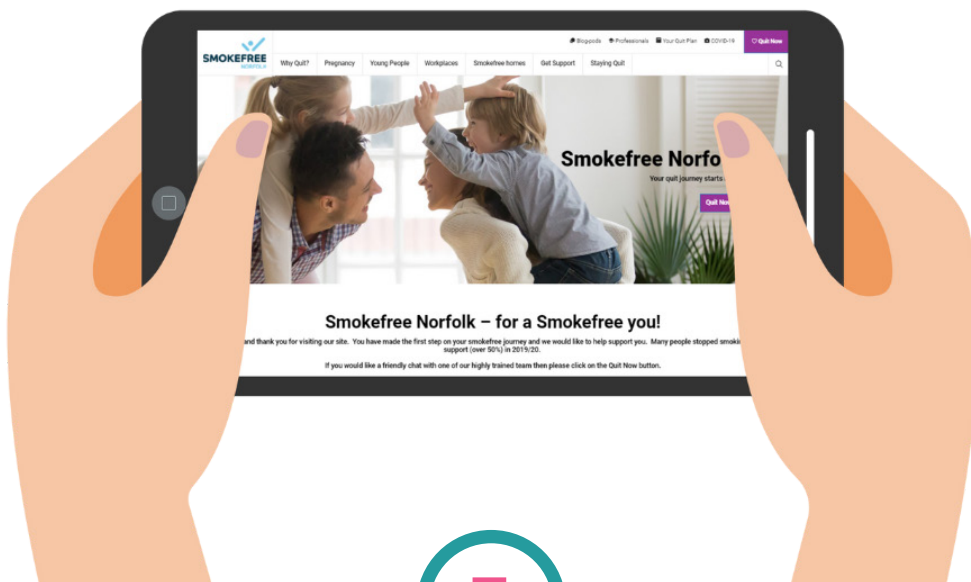
Call us on 0800 0854 113


Phone lines are open Monday to Friday, 10am to 3pm.



Visit our website:

smokefreenorfolk.nhs.uk for lots of information about smoking and stopping.






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smokefreenorfolk.nhs.uk

