

Did you know that more people succeed with our Specialist Stop Smoking Service than any other way.

We offer a free and flexible service to anyone keen to stop smoking provided by Specialist Stop Smoking Practitioners. They are easy to access and have a lot to offer including:

- Bespoke 12 week stop smoking programme
- Specific advice and guidance on stopping smoking
- Prescriptions for stop smoking products if required

The Benefits of Stopping Smoking

20 mins	▶ Your blood pressure and pulse rate should return to normal.
72 hours	▶ Breathing becomes easier. Your bronchial tubes begin to relax and your energy levels increase.
3-9 months	▶ Coughs, wheezing and breathing problems get better as your lung function is increased.

If you would like to stop smoking contact the WH&SCT Stop Smoking Service on

0800
917 9388

www.stopsmokingni.info

Welcome
to
Your
Smoke
Free
World