

Welcome



to



Your



Smoke



Free



World



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.

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



www.stopsmokingni.info

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:

- Individual / group support
- A location that suits you
- Specific advice and guidance on stopping smoking
- Prescriptions for stop smoking products if required

Weekly Drop-In Clinics are available in these areas.

Derry/Londonderry
Carnhill Resource Centre - Mon 6-7.30pm

Shared Futures Centre - Thurs 10am-12pm

Limavady Health Centre - Wed 5-7pm

Strabane Health Centre - Wed 5-6.30pm

**Omagh Hospital & Primary Care Complex,
Meeting Rm, Ground Floor - Tues 6-7.30pm**

**Enniskillen, Room 15, Main Entrance,
South West Acute Hospital Mon 6-7.30pm**

Helpline 0800 9179388