

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

Your local NHS Stop Smoking Service

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

GIVE UP plus your postcode to **88088**



**OLD WAYS
NEW WAYS**

Beat the cravings



SMOKEFREE

TEMPTED DETERMINED

People often find it hard to manage the withdrawal symptoms when they go smokefree. Just being prepared for it can be a great help.

Once you've gone smokefree for two days, the nicotine has left your body, but you're still in the habit of smoking. You might associate certain situations with smoking – after a meal, or while driving. It's these triggers that often cause people to go back to smoking after they've stopped.

Use the space over the page to write down your triggers, and to think of ways that you can cope next time you experience that same feeling.

TRY TO TRY AGAIN?

'If the Wright brothers had given up after their first failed attempt to create an aeroplane, we might not have air travel as we know it today'

