

It's amazing what can happen in a day!

The amazing thing about the human body is that it takes just 20 minutes for health benefits to start. Look what happens after you smoke your last cigarette:



20 minutes – Blood pressure and pulse return to normal



1 hour – Your circulation improves; your hands and feet feel warmer



8 hours – Nicotine levels fall, circulation improves



24 hours – Lungs begin to work better, carbon monoxide leaves the body

See what the experts say

Find out how smoking affects:

- Your teeth
- Your skin
- Your fitness
- Your fertility
- Your baby
- Your pets

by watching the videos on our website – where you'll also find videos from former smokers with their tips on quitting as well as more information about what we can offer.



Call us on

0800 612 0011

free from landlines

0330 660 1166

free from most mobiles

www.yorkshiresmokefree.nhs.uk



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Follow us on Instagram
[@yorkshire_smokefree](https://www.instagram.com/yorkshire_smokefree)

There's a new way to quit!



You quit, your way



www.yorkshiresmokefree.nhs.uk

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In association with:
South West Yorkshire Partnership
NHS Foundation Trust

With **all of us** in mind.

Stopping smoking can be a challenge but we are here to support you. In fact, with NHS support you're three times more likely to quit successfully! We've already helped thousands of people in Yorkshire quit, so let us help you.

You quit, your way

We know that different things work for different people, so our free and confidential NHS stop smoking specialists can help find what's right for you. You can use any combination of our support, whatever suits you best.



Everyone's reason for quitting smoking is different

That's why we treat you as an individual, working with you to develop a method and support programme that will suit you and lead to better results.

We're not here to judge

Deciding to quit smoking is a big decision, but one that you won't regret. Our staff are friendly, approachable and non-judgemental; that's how we get such good results.

Stop smoking products

We can give you advice on a range of products and medication that can help you quit, including nicotine replacement therapy such as patches and Champix. To find out more about all the different products available, go to:

www.youtube.com/YorkshireSmokefree



Pick and mix your support from the following:

Come and see us

We run a variety of stop smoking sessions, one to one clinics and groups in many locations (including some GP practices and pharmacies). Take a look on our website or give us a call to find your nearest location.



At the face to face session you will:

- Receive information about the stop smoking products available
- Be encouraged to prepare for quitting by helping you to focus on a personalised quit plan to increase your confidence in coping with your smoking triggers and managing nicotine withdrawal.
- Be offered carbon monoxide monitoring that will help keep you motivated as you see your readings change from 'smoker' to 'smoke free'.
- Be encouraged to attend until you have quit smoking for at least 4 weeks as we want to help you to stay smoke free.
- Be offered daily motivational text messages

Telephone support

Call us on **0800 612 0011** (free from landlines) or **0330 6601 166** (free from most mobiles). We can tell you more about your local stop smoking service or you can complete your entire quit journey on the phone. Even if you just want to talk about whether you're ready to stop, we're here to help.

We can also provide ongoing support by text, but only if you choose that option.



Quit online

Our online quit programme lets you create your own personal profile and you get interactive support during your quit journey.

It includes:

- A personal quit plan
- Pledges and rewards
- Personalised tools
- Optional motivational messages by email or text



Find out more at
www.yorkshiresmokefree.nhs.uk