

WHAT SUCCESSFUL QUITTERS SAY

It feels great to say I'm a non-smoker. I was surprised by how quickly I noticed improvements to how I felt, especially after smoking for so long. I don't miss standing outside in the cold or rain to have a cigarette either!

One of the best life choices I have made. Cough has gone, no more chest infections or needing an inhaler and no more visits to my GP. I don't look grey anymore and I look younger.

I had a heart attack at the young age of 43 due to smoking 30 cigs a day. Whilst on the operating table I was shown a before and after picture of my arteries. That convinced me there and then to give up and I haven't touched one since, but I do have three incentives not to go back: my 3 beautiful children.

I feel so much healthier and less of a slave to the nicotine since quitting! I took up running and completed the Great South Run, which I'm sure I could never have done if I didn't quit!

Within a week of quitting after 27 years I could actually lay in bed at night and not hear the wheeze coming from my chest. Felt amazing... My only regret is that I didn't find the Wellbeing Service years earlier.

TOP TIPS FOR QUITTING

1. Find the right support for you. There are so many options available so think about what the challenges might be for you and then you can find the method that's most likely to help you overcome these.
2. Choose a quit date and get rid of any cigarettes or tobacco by then to make sure there are no easy temptations.
3. Consider initially avoiding any routines that you'd be most likely to smoke in e.g. going to the pub with friends.
4. Write down the reasons why you want to quit and keep it with you to look at if you get a craving. If you're doing it to save money then putting what you'd spend on cigarettes in a jar can prove a good incentive when you see it piling up.
5. Find some distractions that you can turn to if you get a craving. It might be playing a game on your phone, texting a friend or getting some fresh air.



SMOKING AND **YOU**

AN INFORMATION GUIDE

ONE YOU PORTSMOUTH

REASONS TO QUIT SMOKING

- Stopping smoking is the single best thing you can do for your health. No matter how long you've smoked for, quitting helps to improve your health straight away
- A 20-a-day smoker can save over £3,000 a year by stopping - see how much you could save by using the cost calculator on www.nhs.uk/smokefree
- If you smoke, your children are three times more likely to smoke when they grow up
- Nearly three quarters of children worry that their mum or dad will die because they smoke
- By not smoking, you protect the health of those close to you. Children exposed to a smoky atmosphere are more likely to suffer from breathing problems, allergies and chest infections

SUPPORT TO HELP YOU QUIT

- You can get free support from the NHS Smokefree site including a quit kit, app, text messages and emails - www.nhs.uk/smokefree
- Your local pharmacy can also help you quit smoking. They'll provide free advice and can assist you in choosing the best products to help you cut down and quit if you need these.
- If you're under 18 years old then visit Are You Sorted for specific local stop smoking support available for you - www.areyousorted.co.uk/smoking
- Search 'One You' on www.portsmouth.gov.uk for more information on support available to help you quit smoking

WELLBEING SERVICE SUPPORT

The Wellbeing Service in Portsmouth has trained Wellbeing Workers who can offer free, friendly, non-judgemental support around smoking and can help develop an individually tailored quit plan with you.

They provide free carbon monoxide testing and can organise stop smoking medication. You can choose to make individual appointments or attend drop-in sessions or support groups.

Specialist support is available for pregnant women and those with mental health conditions and you can continue using the service for as long as you need.

Contact the service on **023 9229 4001** or wellbeing@portsmouthcc.gov.uk

