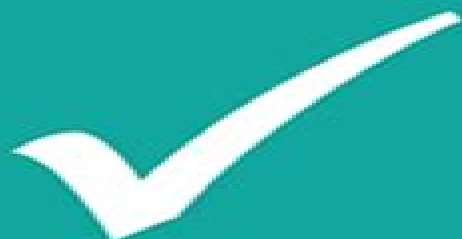


Helping service users



QUIT SMOKING



Did you know...

- ✓ Quitting smoking is the best thing any smoker can do for their health.

Stop smoking medications work

- ✓ Medications for stopping smoking work just as well for people with a mental health condition.

Most smokers want to quit

- ✓ Up to two thirds of smokers with a mental health condition want to quit according to national surveys.
- ✓ Quitting smoking improves health and saves money, on average £2,200 a year.

Quitting smoking is good for mental health

- ✓ Quitting smoking can improve mood and reduce anxiety.
- ✓ Smokers on some anti-psychotic medications who quit may be able to reduce the dose of their medication.

E-cigarettes can help

- ✓ E-cigarettes can help smokers quit by delivering nicotine less harmfully than smoked tobacco.
- ✓ Smokers struggling to quit should be given the facts on e-cigarettes.

Smokefree environments matter

- ✓ Smokefree environments reduce the triggers to smoke.
- ✓ When some trusts have gone smokefree, incidents of physical violence have gone down.

There's never a bad time to quit

- ✓ People facing difficult circumstances and competing priorities still want to quit and quitting smoking can help.
- ✓ Quitting smoking can help reduce the severity of psychotic symptoms and contribute to shorter hospital stays.

Smoking Consumer Guide

Yijin Wang



Smoking Consumer Guide:

Whispering the Strategies of Language: An Emotional Quest through **Smoking Consumer Guide**

In a digitally-driven world wherever screens reign great and immediate conversation drowns out the subtleties of language, the profound secrets and emotional nuances hidden within words usually go unheard. However, situated within the pages of **Smoking Consumer Guide** a captivating fictional treasure sporting with natural emotions, lies a fantastic quest waiting to be undertaken. Written by a talented wordsmith, that marvelous opus invites readers on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within ab muscles material of each and every word. Within the emotional depths with this poignant evaluation, we shall embark upon a genuine exploration of the book is primary subjects, dissect its interesting publishing style, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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