Helping service users

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.

mental health smoking partnership

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

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Table of Contents Smoking Consumer Guide

- 1. Understanding the eBook Smoking Consumer Guide
 - The Rise of Digital Reading Smoking Consumer Guide
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Smoking Consumer Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Smoking Consumer Guide
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Smoking Consumer Guide
 - Personalized Recommendations

- Smoking Consumer Guide User Reviews and Ratings
- Smoking Consumer Guide and Bestseller Lists
- 5. Accessing Smoking Consumer Guide Free and Paid eBooks
 - Smoking Consumer Guide Public Domain eBooks
 - Smoking Consumer Guide eBook Subscription Services
 - Smoking Consumer Guide Budget-Friendly Options
- 6. Navigating Smoking Consumer Guide eBook Formats
 - o ePub, PDF, MOBI, and More
 - Smoking Consumer Guide Compatibility with Devices
 - Smoking Consumer Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Smoking Consumer Guide
 - Highlighting and Note-Taking Smoking Consumer Guide
 - Interactive Elements Smoking Consumer Guide
- 8. Staying Engaged with Smoking Consumer Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Smoking Consumer Guide
- 9. Balancing eBooks and Physical Books Smoking Consumer Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Smoking Consumer Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Smoking Consumer Guide
 - Setting Reading Goals Smoking Consumer Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Smoking Consumer Guide
 - Fact-Checking eBook Content of Smoking Consumer Guide

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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