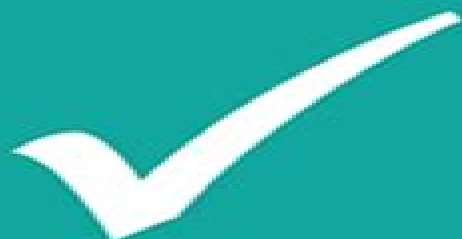


Helping service users



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

Karin Nielsen-Saines



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