

# How can I quit smoking?



Stopping smoking is the best and biggest thing you can do to improve your health.



Research shows that lots of people who smoke want to quit. It also shows that getting support is much more likely to help you stop rather than doing it on your own.



## Why should I quit?

You will improve your health and fitness and save money.



Smoking is linked to lots of different health problems. The good news though is that once you stop your health gets better and your body will start to recover.

## Where can I get help to quit?



There are lots of ways to get help to quit smoking. They include GP surgeries, pharmacies and our Living Well Advisors.



They all offer a free, personal service with 12 weeks of support.

It helps you to quit using the right way for you, including stop smoking medications.



They can also help with stopping smoking in pregnancy.

You can find out more and see a list of all support available at the [Living Well website](#).



There is also support available from the [NHS Better Health Website](#).

## I'm pregnant or planning to have a baby, should I quit?



Protecting your baby from tobacco smoke is one of the best things you can do to give them a healthy start in life.

It can be difficult to stop smoking but it is never too late to quit.



Every cigarette you smoke harms your unborn baby. It can restrict the essential oxygen supply that your baby needs. Their heart then beats faster every time you smoke.



Switching to electronic cigarettes (e-cigarettes) is much less harmful to you and your baby.

There is advice for [mothers](#) and [midwives or health practitioners here](#).



You can also get free support to quit from other places. See all the options on the [Living Well website](#).

## Can I help my staff to quit?



Supporting the people you work with or who work for you can help to improve staff health.



The Living Well Advisor team can give free expert advice and support to help whether you are a small company or a large organisation.

You can call them on 01274 437700 or email [hello@mylivingwell.co.uk](mailto:hello@mylivingwell.co.uk)



## Can I quit other forms of tobacco?

Smoking shisha or using substances like paan, gutku, betel and naswar can increase your risk of getting a range of cancers.



You can find out more and see a list of the support available at the [Living Well website](#).