

## It's amazing what can happen in a day!

The amazing thing about the human body is that it takes just 20 minutes for health benefits to start. Look what happens after you smoke your last cigarette:



20 minutes – Blood pressure and pulse return to normal



1 hour – Your circulation improves; your hands and feet feel warmer



8 hours – Nicotine levels fall, circulation improves



24 hours – Lungs begin to work better, carbon monoxide leaves the body

## See what the experts say

Find out how smoking effects:

- Your teeth
- Your skin
- Your fitness
- Your fertility
- Your baby
- Your pets

by watching the videos on our website where you'll also find videos from former smokers with their tips on quitting as well as more information about what we can offer.

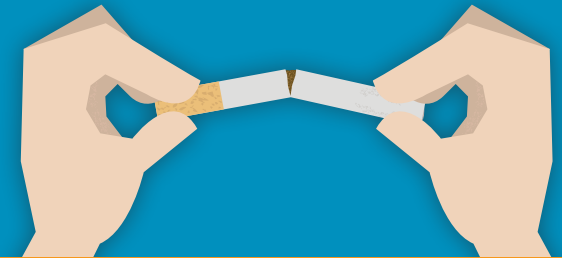


## Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about the Trust.

Please speak to a member of staff or contact our customer services team on **0800 587 2108** who can also provide help in understanding this information.

# There's a new way to quit!



## You quit, your way

[www.yorkshiresmokefree.nhs.uk](http://www.yorkshiresmokefree.nhs.uk)

**0800 612 0011**  
free from landlines

**0330 660 1166**  
free from mobiles



ON THE PHONE



ONLINE



IN PERSON



Stopping smoking can be a challenge but we are here to support you. In fact, with NHS support you're up to four times more likely to quit successfully! We've already helped thousands of people in Yorkshire quit, so let us help you.

## You quit, your way

We know that different things work for different people, so our free and confidential NHS stop smoking specialists can help find what's right for you. You can use any combination of our support, whatever suits you best.

## Pick and mix your support from the following:

### Telephone support

If you fancy a chat then just give us a call on **0800 612 0011** (free from landlines) or **0330 6601 166** (free from mobiles).

We can tell you more about your choices and your local service, or you can complete your entire quit journey with us – on the phone. Even if you just want to talk about whether you're ready to stop, we're here to help.

We can also provide ongoing support via text, but only if you choose this option. We promise we won't bombard you with text messages!

### Come and see us

We'd love to see you! We run a variety of groups and clinics so there are plenty of opportunities for you to come and see us, whether you want to come somewhere close to where you live or where you work.

You can find all our locations on our website or just give us a call.



### Quit online

Our online quit programme lets you create your own personal profile and you get interactive support during your quit journey.

You get all the support you need 24/7 and you can access it whenever or wherever you like.

It includes:

- A personal plan
- Pledges and rewards
- Personalised tools
- Optional motivational messages by email or text
- Online chat with our advisors
- An online community to connect with other quitters

We even have a live chat facility, so you can have a virtual conversation with a stop smoking specialist.

Find out more at  
[www.yorkshiresmokefree.nhs.uk](http://www.yorkshiresmokefree.nhs.uk)



### Everyone's reason for quitting smoking is different

That's why we treat you as an individual, working with you to develop a method and support programme that will suit you and lead to better results.

### We're not here to judge

Deciding to quit smoking is a big decision, but one that you won't regret. All of our staff are friendly, approachable and non-judgemental; that's how we get such good results.

### Nicotine replacement therapy

We can give you advice on a range of products and medication that can help you quit (known as nicotine replacement therapy or NRT for short). In some areas, we can even help you get these products for free. Just ask us for more information.

To find out more about all the different products available just go to [www.youtube.com/YorkshireSmokefree](http://www.youtube.com/YorkshireSmokefree)

