

## How to Quit

About 2 in 3 smokers want to stop. Some people can give up easily. Willpower and determination are the most important aspects when giving up smoking.

However, nicotine is an addictive drug and many people find giving up hard, but help is available.

GP's, practice nurses or pharmacists can provide information, encouragement and tips on stopping smoking.

Throughout the UK there are specialist 'Stop Smoking Clinics' which have a high success rate. Your doctor may be able to refer to you to your local clinic.

## Ready to Quit?

Call the NHS Smokefree Helpline on 0800 0224332 (Monday to Friday 9am to 8pm and Saturday and Sunday 11am to 5pm)

Or make an appointment with your GP for advice.

This smoking cessation leaflet is part of a wider range of health and wellbeing information from DISC.

Ask your Support Worker if there are any more health and wellbeing issues that you would like to receive information about.



Health and Wellbeing



## Smoking Cessation

YOU CAN  
**QUIT**  
**SMOKING!**

An illustration showing a person's legs from the knees down, wearing brown trousers and white sneakers. The person is stepping on a lit cigarette, which is being crushed under their foot. This visual metaphor represents the act of quitting smoking.

## Why Stop Smoking?

Smoking harms almost every organ of your body. It causes many diseases and reduces your quality of life, and your life expectancy.

The younger you are when you stop smoking the more benefits there are, but quitting is beneficial at any age.

Cigarettes contain cancer causing chemicals and other poisons like Carbon Monoxide.



Many smokers think that smoking helps them to feel less stressed, but in fact ex-smokers are more likely to have better mental health and be happier.

## How Dependent are You?

Answer truthfully the following 6 questions and add up the number in brackets to get your final score:

1. How soon after waking up do you have your first cigarette?

- a) Within 5 minutes (3)
- b) 6-30 minutes (2)
- c) 31-60 minutes (1)
- d) After 60 minutes (0)

2. Do you find it hard not to smoke in places where it is banned e.g. the cinema?

- a) Yes (1)
- b) No (0)

3. Which cigarette would you most hate to give up?

- a) Your first of the morning (1)
- b) All others (0)

4. How many cigarettes do you smoke per day?

- a) 10 or less (0)
- b) 11-20 (1)
- c) 21-30 (2)
- d) 31 or more (3)

5. Do you smoke more in the first hours after you wake up than the rest of the day?

- a) Yes (1)
- b) No (0)

6. Do you smoke even if you are ill and in bed most of the day?

- a) Yes (1)
- b) No (0)

## Now add up your score:

7–10 points = you are highly dependent on nicotine

4–6 points = you are moderately dependent on nicotine

Less than 4 points = you are less dependent on nicotine.

