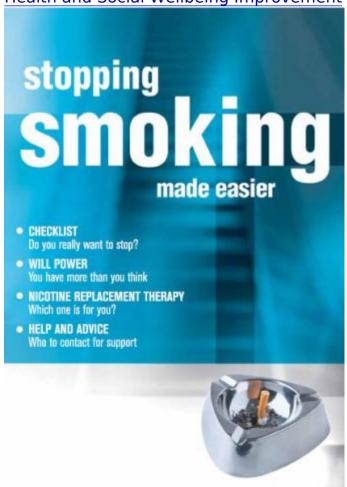
#### Tuesday, 07 January 2025

Health and Social Wellbeing Improvement



This booklet takes smokers through the stages of stopping smoking:

- preparing to stop
- stopping
- staying stopped

It also provides advice on the various forms of nicotine replacement therapy (NRT) and non-nicotine medications available, as well as a list of contacts for advice and support.

The translations refer to the 2016 version of this booklet.

#### Additional information

Available in English, Chinese (simplified), Chinese (traditional), Latvian, Lithuanian, Polish, Portuguese, Russian, Slovak

# **Details**

Format 16 page A5 booklet Target group Smokers

# **Downloads**

Attachment	Size
Stopping smoking made easier_01_25.pdf	2.96 MB
Stopping smoking made easier Chinese Complex FINAL 0.pdf	1.02 MB
Stopping_smoking_made_easier_Chinese_Simplified_FINAL_0.pdf	1.5 MB
Stopping_smoking_made_easier_Hungarian_FINAL.pdf	1.4 MB
Stopping_smoking_made_easier_Lithuanian_FINAL.pdf	1.32 MB
Stopping_smoking_made_easier_Polish_FINAL.pdf	1.19 MB
Stopping_smoking_made_easier_Portuguese_FINAL.pdf	817.12 KB
Stopping_smoking_made_easier_Romanian_FINAL_0.pdf	977.23 KB
Stopping smoking made easier Russian FINAL 0.pdf	1.01 MB
Stopping_smoking_made_easier_Slovakian_FINAL.pdf	953.41 KB
Stopping_smoking_made_easier_Tetum_FINAL.pdf	1.23 MB

### **Tags**

- smoking
- tobacco
- <u>cigarettes</u>
- quitting
- <u>xyz</u>

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