



Stopping smoking made easier (English and translations)

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.

Published

07 January 2025

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12 November 2025

Additional information

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

Details

Format

16 page A5 booklet

Target group

Smokers

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