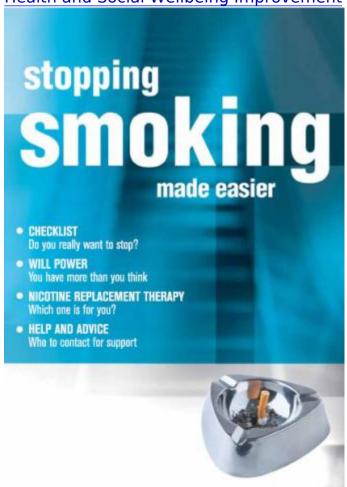
Tuesday, 07 January 2025

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
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