



# Smoking and your health and wellbeing

This leaflet outlines the effects of smoking on mental wellbeing; shows how quitting will make you feel better; describes how you can quit; and highlights where to get help and support. It is available from health promotion/improvement departments at local Health and Social Care Trusts.

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## Details

Format

8 page A5 leaflet

Target group

Smokers with mental health difficulties

## Downloads

Attachment	Size
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<a href="#">Smoking and your health final 02_17.pdf</a>	2.9 MB
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