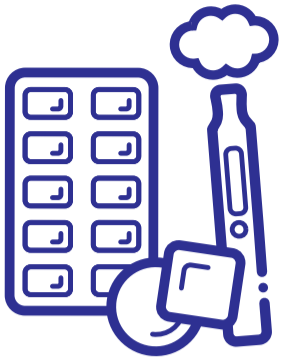
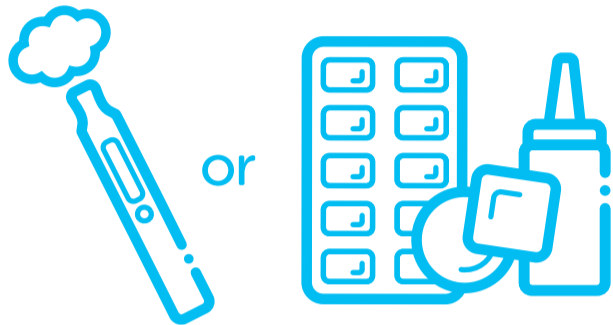


What can help me stop smoking?



Nicotine replacement therapy and e-cigarettes help you cope with cravings without the cancer-causing chemicals found in tobacco.

Try these tips:



Experiment

There are lots of types of e-cigarettes and many flavours of e-liquid to try. Or try a fast fix nicotine replacement therapy with slower release patches.



Use as much as you want for as long as you need

Don't wait for a craving that will tempt you to reach for a cigarette.



Get support

Talk to your pharmacist or GP, or find your free local stop smoking service at nhs.uk/smokefree.



Prescription medication has been shown to help people stop smoking successfully. Speak to your GP or local stop smoking service to find out more.



It's normal to experiment to find what can work for you. Most people try many times before they break up with tobacco for good – **you can do it.**

We don't yet know if e-cigarettes have a long-term impact, so we don't recommend people who haven't smoked start using them

