



Why get help?

Are you thinking about stopping smoking?

Stopping smoking is the single most important thing that you can do to safeguard your future health, fitness and available money to spend. Thousands of smokers have successfully rejected smoking and taken control of their lives again. Stopping smoking on your own is not easy – so do get help.

Do it for yourself

- ⚠ No one can force you to stop smoking - you have to want to do it for yourself.
- ⚠ Remember - the toughest battles are personal ones.
- ⚠ Most people who successfully quit will have tried and failed, several times. But please don't give up on giving up; if you're committed to quitting, you can do it, as over a million people who have successfully quitted on No Smoking Day prove.

Do it for your health

- ⚠ Around 13 people in the UK die from smoking related illnesses each hour. That's over 300 deaths a day and 114,000 every year (*ASH figures*).
- ⚠ Every cigarette is a killer, loaded with lethal weaponry.
- ⚠ Each cigarette contains over 4,000 toxic chemicals, including cyanide, polonium 210, arsenic, tar, formaldehyde, carbon monoxide and ammonia.
- ⚠ Nicotine is the addictive part - it keeps people smoking even when their health and fitness is suffering.
- ⚠ For more energy, whiter teeth, lower stress levels, to prevent premature ageing, to improve your sex life, for an improved sense of taste and smell, for the sake of your family and friends.

Do it for your career

- ⚠ Smoking can affect your military efficiency.
- ⚠ On average, smokers are 1 minute slower on a 2 mile run than non-smokers.
- ⚠ Injury rates are higher amongst soldiers who smoke.
- ⚠ Smokers are twice as likely to develop wound complications if injured and take longer to recover after surgery.

Do it for your wealth

- ⚠ If you smoke 20 a day you will be spending about £2,300 per year. There are also additional expenses related to this habit that should be factored in, such as the cost of deodorants, odour neutralisers, dry cleaning bills, increased life insurance payments and disposable lighters.
- ⚠ For Armed Forces personnel serving overseas the direct cash cost of cigarettes may be lower but the risks to your health remain the same. The cost of cigarettes is a major incentive to stop when preparing to return to the UK.



Where to get help?

There is lots of help available

On No Smoking Day, **14 March 2012**, around a million smokers across the UK will be trying to stop - why not join them? It has been shown that military personnel can stop smoking successfully and your chances of doing this are increased by four times if you get the right help and support. Most military establishments now have fully trained stop smoking advisers who can help you to stop for good.

Military Stop Smoking services offer you:

- ▲ A plan to suit you and your needs - because not everyone's needs are the same
- ▲ Confidential chats
- ▲ Information on how to stop and stay stopped
- ▲ Professional help, advice and suggestions
- ▲ Continued support throughout the quitting process
- ▲ Nicotine replacement products (NRT) such as gum and patches
- ▲ **Plus:** an understanding of the particular challenges you face in the military with specialist advice on how to deal with them.

My life's no longer ruled by smoking thanks to the support I got every step of the way.

Military ex-smoker

You will be given help to break the habit of smoking and take control of your life. Contact your local medical centre / sickbay or dental centre for more information. Your PTI Health Trainers will also be able to help.

I was ready to stop smoking and the support I got means I'll stay a non-smoker."

Military ex-smoker

Other sources of help

Join the No Smoking Day Stop Smoking Forum; it is aimed at people who are trying to stop smoking or who have kicked the habit and want to stay stopped. It provides a warm, friendly and supportive atmosphere. Other people's tips and tactics could make all the difference to you.

Help lines

England: 0800 169 0 169
Scotland: 0800 84 84 84
Wales: 0800 085 2219 (Bilingual service with counselling in Welsh and English)
Northern Ireland: 0800 783 3339
Quitline: 0800 00 22 00
Pregnancy: 0800 169 9 169

Web-based advice

No Smoking Day's dedicated site for smokers:
<http://www.wequit.co.uk/>
No Smoking Day Forum:
<http://forum.nosmokingday.org.uk/>
The Department of Health website:
<http://www.givingupsmoking.co.uk>