

Looking to stub-out your smoking habit?

Quitting smoking can be a drag, but help is at hand!



Smoking is one of the leading causes of preventable deaths in the UK, accounting for a staggering **100,000 deaths each year**. With today being No Smoking Day, it's the perfect time to discover what help is available if you are looking to give up.

Stress-free ways to quit



Quitting can feel intimidating and overwhelming, but it doesn't have to. There is support available to help you stop smoking and ways to minimise the stress you might normally feel when quitting.

Our [Stop Smoking Service](#) offers specialist, friendly and confidential help to anybody wishing to quit smoking. With the right treatment and support the likelihood of success is four times greater. If you are ready to make that next step you can refer yourself online.

[Stop smoking today >>](#)

Quitting can boost your mental health

Did you know that as well as the physical health benefits quitting smoking can bring, stopping can also improve your mental wellbeing? Stopping smoking can be more effective than antidepressants.

[Discover all the benefits of quitting >>](#)



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