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# GO SMOKE FREE

## Free stop smoking support



### GET STARTED TODAY

**SMOKE  
FREE** Coventry and  
Warwickshire



**Stopping smoking is one of the best things you will ever do for your health. When you stop, you give your lungs the chance to repair, and you will be able to breathe more easily. There are lots of other benefits too – and they start almost immediately. It's never too late to quit.**

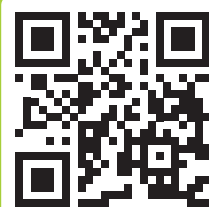
**You're three times more likely to quit if you get support. Anyone aged 12+ who lives, works or is registered with a GP in Coventry or Warwickshire can access free stop smoking support. Get started today!**

### **Warwickshire:**

Call **0333 005 0092**  
Text **QUIT** to **60777**

### **Coventry:**

Call **0800 122 3780**  
Email **info@hlscoventry.org**



**Visit [smokefreecw.co.uk](http://smokefreecw.co.uk)**

## **Get specialist support to stop smoking in pregnancy.**

**It can be difficult to stop smoking on your own, it's easier to quit with the right support.**

**Our experienced stop smoking advisors provide a friendly, confidential service to help pregnant smokers and their families stop smoking throughout pregnancy.**

**The service offers flexible, regular support and free medications to make quitting easier.**

**The moment you stop smoking, both you and your baby will start to feel the benefits**

### **Access support quitting smoking while pregnant**

#### **Warwickshire**

Call **07917 227 004**  
Email **ssip@swft.nhs.uk**

#### **Coventry**

Call **07904 984620**  
or **02476 189 190**

**or visit [smokefreecw.co.uk](http://smokefreecw.co.uk)**



# WHY QUIT?



**After 20 minutes**  
- Check your pulse rate, it will already be starting to return to normal.



**After 8 hours** - Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



**After 48 hours** - All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.



**After 72 hours** - If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



**After 2 to 12 weeks**  
- Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



**After 3 - 9 months**  
- Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



**After 1 year** - Great news! Your risk of heart attack will have halved compared with a smoker's.



**After 10 years** - More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

# TIPS FOR QUITTING

**You're making a great decision to give up smoking. Here are some tips to help you succeed.**

- ☐ List your reasons to quit.
- ☐ Tell people you're quitting.
- ☐ If you have tried to quit before, remember what worked.
- ☐ Use stop smoking aids.
- ☐ Have a plan if you are tempted to smoke.
- ☐ List your smoking triggers and how to avoid them.
- ☐ Keep cravings at bay by keeping busy.
- ☐ Exercise away the urge.
- ☐ Throw away all your cigarettes before you start. Remember, there is never "just 1 cigarette". You can do it!

**More energy**

**Save £££**

**Sense of taste and smell improve**

**Reduce risk of cancer, lung and heart disease**

**Breathe easier**

*Source: NHS Better Health*

**Remember, you're three times more likely to quit for good with the support of your free, local stop smoking service. Get started today!**

**Visit  
[smokefreecw.co.uk](http://smokefreecw.co.uk)**

