

If you have difficulty understanding this leaflet, then you can have it translated into a different language. For more information call the PCT on 020 8973 3117

Arabic اذا كنت تواجه صعوبة بفهم هذه الوثيقة فان قسم الترجمة يستطيع المساعدة عند الطلب. للمزيد من التفاصيل اتصل بالبي سي تي على هاتف 0208 973 3117 .

Bengali আপনার যদি এই লেখাট বুঝতে অস্বাভা হয় তাহলে অনুরোধ করলে অনুবাদের ব্যবস্থা করা যাবে। আরও বিস্তারিত জানবার জন্য পি সি টি-কে 0208 973 3117 নম্বরে টেলিফোন করে যোগাযোগ করুন।

Farsi اگر شما برای فهمیدن این مدرک دچار مشکل هستید، خدمات ترجمه در صورت درخواست موجود می باشد. برای اطلاعات بیشتر با PCT با شماره 0208 973 3117 تماس بگیرید.

Gujarati આ દસ્તાવેજની વિગત સમજવામાં તમને મુશ્કેલી પડતી હોય તો, વિનંતી કરવાથી ભાષાંતરની સેવા તમને મળી શકશે. વધુ વિગતો માટે પી.સી.ટી (PCT)ને સંપર્ક સાધો: 0208 973 3117

Punjabi ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਪਰਚਾ ਸਮਝਣ ਵਿਚ ਮੁਸ਼ਕਲ ਆਉਂਦੀ ਹੈ, ਤਾਂ ਤੁਸੀਂ ਇਸ ਦਾ ਪੰਜਾਬੀ ਵਿਚ ਤਰਜਮਾ ਕਰਵਾ ਸਕਦੇ ਹੋ। ਹੋਰ ਜਾਣਕਾਰੀ ਲੈਣ ਲਈ ਪੀ ਸੀ ਟੀ ਨੂੰ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 0208 973 3117



STOP SMOKING SERVICE
0800 085 2903
smokingteam@rtpct.nhs.uk



**GETTING READY TO
GIVE UP SMOKING?**

Make the break. Live life without smoking.

STOP SMOKING SERVICE
0800 085 2903
smokingteam@rtpct.nhs.uk



ARE YOU READY TO GIVE UP?

The more thought you put into stopping smoking, the more likely you are to succeed. Ask yourself what would need to happen to make you stop?

DO YOU UNDERSTAND WHY YOU SMOKE?

Keep a diary for when, where and why you smoke.

Work out what are your main triggers for smoking – for example being in the pub, breaks at work, stress.

Think of the reasons why you want to stop...

Making the decision to STOP SMOKING is the biggest step.

PRACTICAL SUPPORT

We offer practical support so stopping is that bit easier...

- **FREE** 6 week support programme of group sessions or one-to-one advice.
- Daytime and evening sessions.
- Specially trained midwives and health visitors offer specialist stop smoking advice for pregnant women.
- Nicotine replacement, Zyban and Champix combined with behavioural support to help you to make the break.

CALL FREEPHONE 0800 085 2903
OR EMAIL smokingteam@rtpct.nhs.uk

We will put you in touch with your nearest advisor.