



**Don't give up giving up.**

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.

### 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

### Bengali

আপনার যদি এই লেখাটি বুঝতে অস্ববিধা 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

### Urdu

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.

### Arabic

اگر آپ کو یہ دستاویز سمجھنے میں مشکل پیش آرہی ہے، تو اس کیلئے اردو ترجمے کی سہولت دستیاب ہے۔ مزید معلومات کیلئے پی سی ٹی (پرائمری کیئر ٹرسٹ) سے اس نمبر 020 8973 3117 پر رابطہ کریں

# 0800 085 2903

Richmond and Twickenham   
Primary Care Trust

  
**Don't give up giving up.**

Kingston   
Primary Care Trust



Smoking

Service

**0800 085 2903**

[smokingteam@rtpct.nhs.uk](mailto:smokingteam@rtpct.nhs.uk)

# Getting Ready to **STOP** smoking

## **Are you Ready to Give Up?**

The more ready and prepared you are, the more likely you are to succeed. What would need to happen to make you feel ready to think about stopping?

## **Do you understand your habit?**

Keep a diary for when, where and why you smoke. Write a list of reasons why you want to stop.

**Work out** what are your main triggers for smoking – e.g. being in the pub, breaks at work, stress. How could you tackle these situations without a cigarette?

**Think of the reasons** why you want to quit....



## Making the decision you want to **STOP**

**smoking**  **is the biggest step**

***We offer practical support to make it that bit easier....***

- Ⓣ We offer a **FREE** 6 – week support programme of group sessions or one-to-one advice. Groups are also available in the evenings.
  
- Ⓣ Nicotine Replacement is available on prescription, combined with behavioural support to help you to break the habit.
  
- Ⓣ Just call us on the freephone number for the Kingston & Richmond Stop Smoking Service, and we will put you in touch with your nearest advisor.
  
- Ⓣ Specially trained midwives and health visitors offer specialist advice to pregnant women who want to stop smoking.

For more information call or e-mail us at the Kingston & Richmond Stop Smoking Service:  
0800 085 2903 [smokingteam@rtpct.nhs.uk](mailto:smokingteam@rtpct.nhs.uk)