

STOP SMOKING. START TO IMPROVE YOUR MENTAL HEALTH.



COMMIT TO
QUIT
STOP SMOKING FOR
28 DAYS
& YOU'RE 5 X MORE LIKELY TO
QUIT FOR GOOD



Scan the QR code for a range of **FREE** tools and support

Let's start stopping **TOGETHER**

Let's Keep Bolton
Moving > > > >

Bolton
Council

NHS
Bolton

For more info visit: www.letskeepboltonmoving.co.uk/smoking



QUITTING SMOKING CAN BOOST YOUR MENTAL HEALTH AND WELLBEING.

Let's start stopping together.

Stopping smoking is great for your physical health and your mental health. Evidence suggests that quitting can be as effective as anti-depressants in reducing depression and anxiety. Smokefree Bolton is here to offer you a range of free tools and support to help you succeed.

Feel
Healthier

Save
Money

Live
Longer

Quit smoking facts:

Becoming Smokefree can help improve your mental health by:

Reducing anxiety, depression and stress

Helping you feel Calmer, more positive and happier

Reducing the financial stress of smoking

Improving your quality of life

Your Quit – Your Way

Local 12-week stop smoking programmes by phone, online or in person.

FREE nicotine replacement therapies and vapes (service dependent)

Pharmacy Support.

Digital Apps.

Bolton NHS support for pregnant women and smokers admitted to hospital.

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