

WOULD YOU LIKE TO STOP SMOKING?

We're here for you. There's no need to go it alone — Smokefree Bolton can offer you a range of free tools and support to help you quit smoking for good.

Feel Healthier

Live Longer

Save Money

Your Quit – Your Way

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

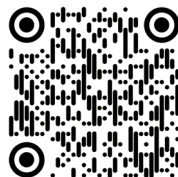
FREE nicotine replacement therapies and vapes (service dependent)

Pharmacy Support.

Digital Apps.

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

Scan the QR code for **FREE tools and support**



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

ILLEGAL TOBACCO

Illegal tobacco is a big problem. Criminal gangs are selling cheap cigarettes and hand-rolled tobacco in our communities, especially to vulnerable people. Buying it might seem like an easy way to save money, but the risks far outweigh the benefits.

The facts:

Illegal products often don't follow health rules and can have more harmful substances. This can cause serious health problems like cancer, heart disease, and breathing issues.

Illegal tobacco makes it easier for kids to get cigarettes and start smoking.

SHISHA

Using a shisha, also known as a hookah, can be harmful to your health. The smoke contains dangerous chemicals, even after passing through water. It's just as bad as smoking cigarettes and can harm both smokers and people nearby who breathe in the smoke.

The facts:

In one shisha session (20-80 minutes), a person can inhale as much smoke as smoking over 100 cigarettes.

Smoking Shisha can more than double the risk of lung cancer, breathing problems, having small babies, and gum disease.

Let's Keep Bolton Moving > > >

Bolton Council

NHS
Bolton



STOP SMOKING. START LIVING.



FREE tools and support available

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Bolton Council

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Bolton

LET'S START STOPPING TOGETHER.

THERE'S NO BETTER TIME TO QUIT

Smoking facts:

Almost half of smokers say they want to quit.

You are 3 x more likely to quit smoking for good with expert support.

Quitting smoking is one of the best things you can do for your health, no matter your age or how long you've smoked.



STOP SMOKING. IT'S BETTER FOR YOU AND YOUR FAMILY.

STOP FOR YOU. STOP FOR YOUR CHILDREN.

Smoking facts:

Exposing children to smoking makes it more likely that they will take up smoking.

Tobacco smoke contains over 4,000 chemicals and can linger in a room for up to two and a half hours, even with a window open.

Children in households with smokers are more likely to develop asthma and chest infections.



STOP SMOKING. START TO IMPROVE YOUR MENTAL HEALTH.

QUITTING SMOKING CAN BOOST YOUR WELLBEING.

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.

QUIT TODAY



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

