

## National No-Smoking Day 10 March 2021



Calling all smokers, today is the day to put smoking behind you.

- Quitting doesn't have to be stressful
- Quitting smoking doesn't have to feel painful - stop smoking aids can really help
- Quitting isn't always easy but getting the right stop smoking aids and support can stop you feeling like you need a cigarette all the time
- Smokers who quit for 6 weeks or more are happier and experience less anxiety and depression than those who carry on smoking
- Quitting smoking can have a similar impact on your mental health to antidepressants
- Research shows that people who have quit smoking for a year are happier than those who continue to smoke

For more information on the effects of tobacco and various ways to help stop smoking click on the Councils [Tobacco-Awareness website](#). Alternatively, to get support in an attempt to quit visit the [NHS Quit Smoking webpage](#).