

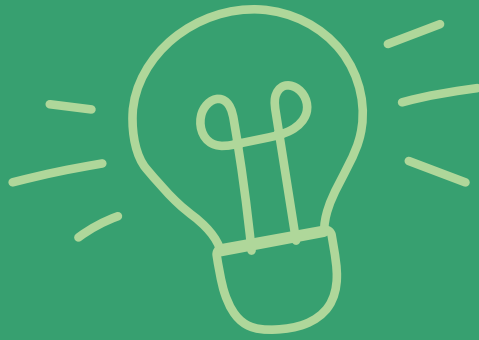


QUIT.ie

Getting help to quit smoking

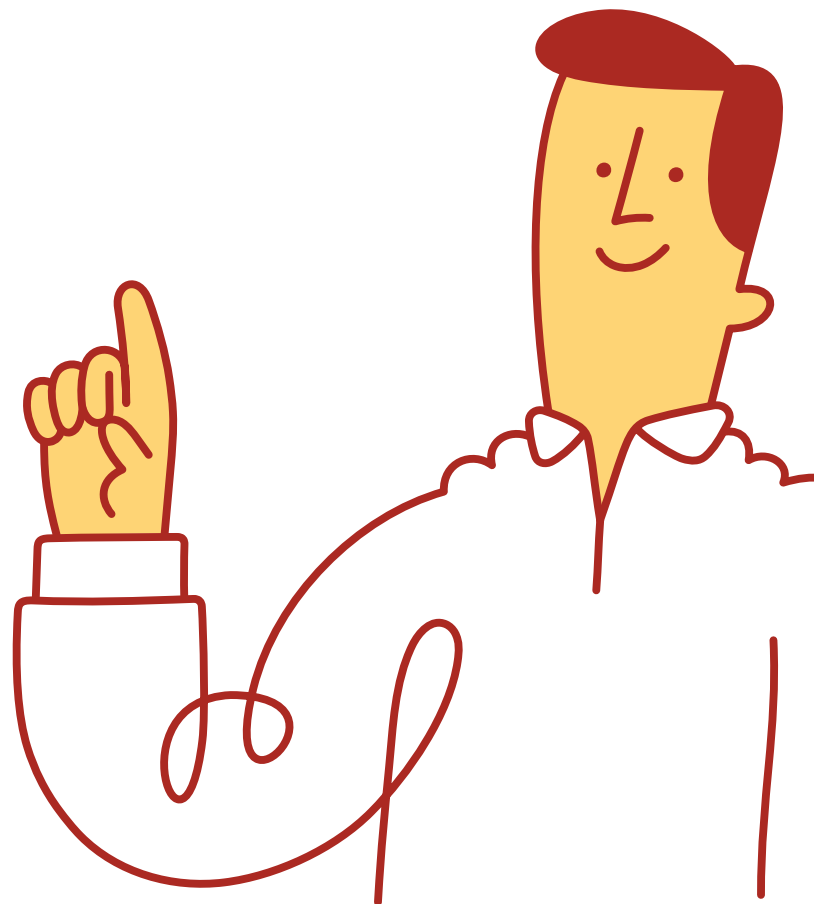


This is Easy to Read information.



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What is this booklet about?



This booklet is about supports to help you stop smoking.



Remember you are not alone, the HSE QUIT team are here to help.



You can contact a trained stop smoking advisor to support you.

Tips on changing your habits



Your normal habits and routines may make you want to smoke.



There are things that you can do to try change your habits.



Brush your teeth first thing in the morning and use mouthwash.

Tips on changing your habits



Move to another room after meals.



Change to a new drink that is not connected with smoking.



Chew sugarless gum at times and in places where you used to smoke.



Walk away from people that are smoking.



Distract yourself by scrolling on your phone.

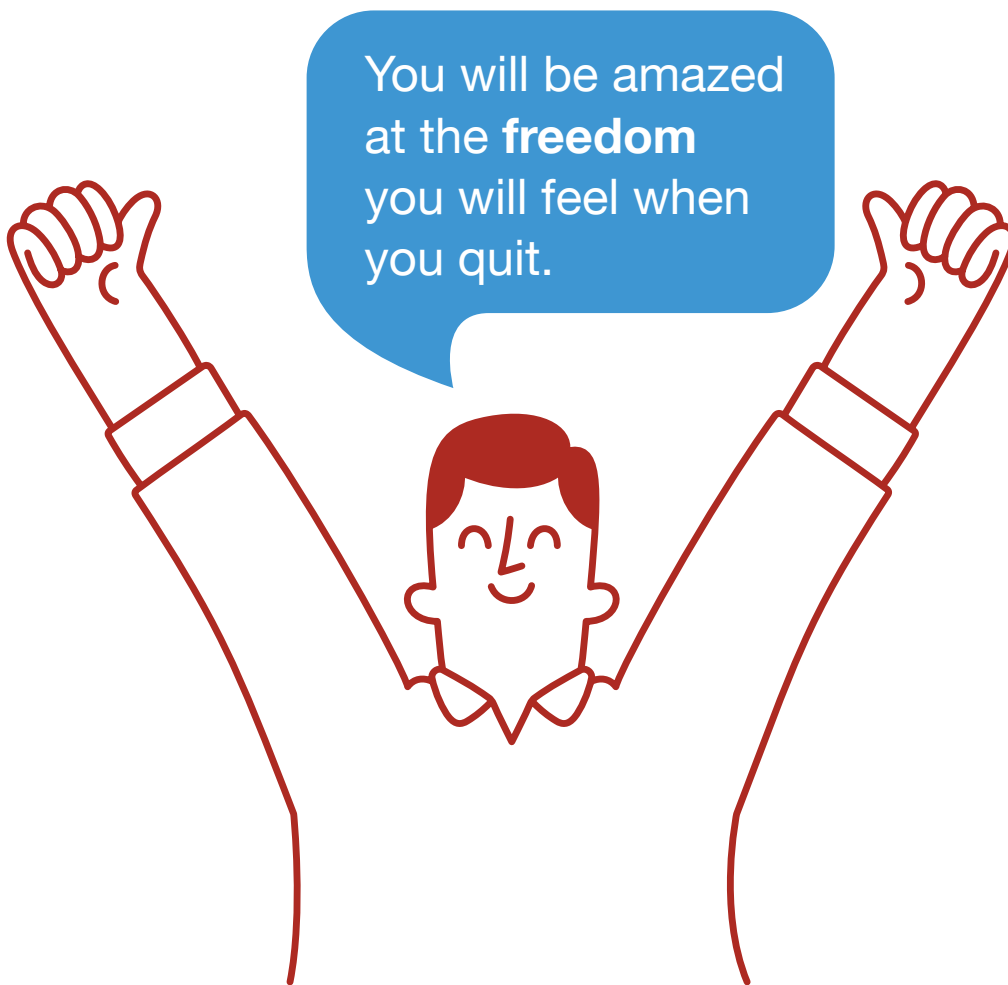


Try deep breathing.

Tips on changing your habits



Change your routine before bed.
Have a bath or read a book.



You will be amazed
at the **freedom**
you will feel when
you quit.

Get help when you quit smoking



Getting the right support can help you to quit smoking.

Our supports are free.

You do not have to pay.



You can get one to one help at a stop smoking clinic.

This could be by phone, video call, or in person.



You can go to a group.

‘We Can Quit’ groups meet once a week for 7 to 12 weeks.

They meet in places such as a community centre.

Get help when you quit smoking



You can sign up for a free personal QUIT plan to help you stop smoking.



You can get support and information by downloading the HSE app.



You can use the QUIT text service. You can get text messages to help you on your quitting journey.



'You Can QUIT' is an online community for people trying to quit smoking.

Find out more on our Facebook page www.facebook.com/hsequit



You should look for support from family and friends when you are quitting.



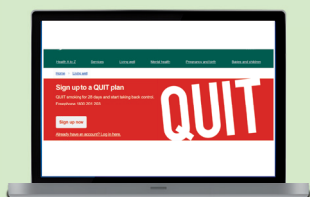
Get help when you quit smoking



Freephone: 1800 201 203



Free text: QUIT to 50100



www.quit.ie



www.hse.ie/wecanquit

Stop smoking advisors



Our stop smoking advisors will ask you about your smoking habits.



They will talk with you about the best ways for you to stop smoking.



Our advisors know how hard it is to quit.

They will support you all the way.

They will not judge you.

Nicotine Replacement Therapy (NRT)



Smoking is addictive.

Addictive means it is hard to give up.



Nicotine is the thing in cigarettes that makes them addictive.



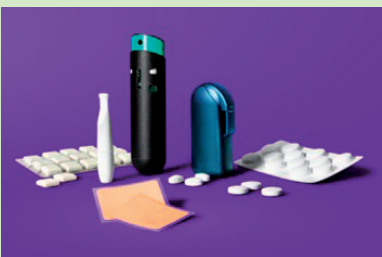
NRT is a medicine that gives you a low amount of nicotine.



NRT gives you just enough nicotine to cut cravings and withdrawal symptoms.



NRT does not have the poisonous chemicals that are in cigarettes.



There are different types of NRT. For example, a patch, gum, lozenge, or mouth spray.

Nicotine Replacement Therapy (NRT)



Your doctor, pharmacist, or stop smoking advisor can help you decide which type of NRT is right for you.



You can get free NRT.
You do not have to pay.



NRT is a safe medicine.
People who use it do not usually have any problems.

Medicines to stop smoking



You can get a prescription for medicine to help you stop smoking.



Your doctor or a stop smoking advisor can help you decide the best treatment for you.



Prescription medicines can cut down your cravings and withdrawal symptoms.

Medicines to stop smoking

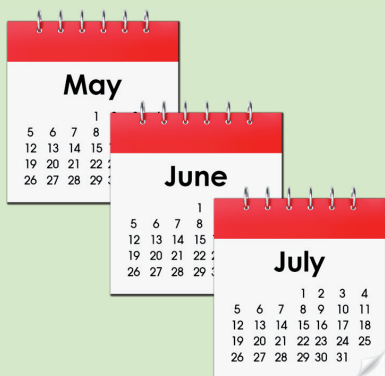


Make an appointment with your doctor before you plan to give up smoking.

You need to start taking the medicine around 2 weeks before you quit.



Your doctor or stop smoking advisor will tell you how to take the medicine.



These medicines work best over 3 months.

Try to stick to this to get the right result and quit smoking for good!

Vaping



Using an electronic or e-cigarette is known as vaping.



Vaping is not a good or safe way to stop smoking.

It is better to get support from a stop smoking advisor, doctor, or pharmacist.



Electronic cigarettes have a battery. They heat nicotine, flavours, and other chemicals.

Vaping



They make a gas that you breathe in.



Anyone near a person vaping breathes in this gas.



Vaping can be harmful.
For example, the chemicals can cause cancer.

Stop smoking for 28 days
and you're 5 times more
likely to quit for good



Quit smoking today with our help

For tips, tools and support:



Sign up to
the quit plan at
QUIT.ie



Freephone
1800 201 203



Free text
QUIT
to 50100

QUIT.ie



Facebook.com/HSEquit



@HSEQuitTeam



instagram.com/hse_quit



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