

How effective is it?

Our highly experienced Stop Smoking Practitioners are experts in helping people to quit, offering a friendly, non-judgemental service.

It's proven that you are 4 times more likely to stop smoking with our support and treatment than if you were to go at it alone.

Don't panic if you have tried to stop smoking before and found yourself going back to the cigarettes. You can still come back to us for support

Did you know...

It takes 5 - 7 stop smoking attempts on average to quit for good!



Available clinics in my area...



One Life Suffolk

STOP Smoking

with your free local stop smoking service

For more information or to book an appointment please call the friendly client services team on:

01473 718193

or visit:

www.onelifesuffolk.co.uk



The benefits of becoming Smoke-Free

Longer life

Half of all long-term smokers die early from smoking related diseases, including heart disease, lung cancer and bronchitis.

Better breathing

People breathe more easily and cough less when they give up smoking because their lung capacity improves by up to 10% within nine months.

More energy

Within 2 to 12 weeks of stopping smoking, your circulation improves. This makes all physical activity, including walking and running, much easier.

Less stress

Scientific studies show that people's stress levels are lower after they stop smoking.

Healthier loved ones

Second-hand smoke doubles children's risk of chest illnesses, including pneumonia, croup and bronchitis.

Improved smell and taste

Kicking the smoking habit gives your senses of smell and taste a boost.

More money

An average smoker smoking 20 cigarettes a day is set to save over £2,300 a year if they stopped smoking.

Younger looking skin

Stopping smoking has been found to slow facial ageing and delay the appearance of wrinkles.

Whiter teeth

Giving up tobacco stops teeth becoming stained, and you'll have fresher breath. Ex-smokers are less likely to get gum disease and lose their teeth prematurely

Who is the OneLife Suffolk stop smoking service for?

The OneLife Suffolk Stop Smoking service is available for anyone who has smoked a tobacco product in the last 48 hours and who wants to quit. The service can support people of any age where treatment can be offered to those as young as 12 years old.

What to expect from the OneLife Suffolk stop smoking service?

Our specialist Stop Smoking Practitioners can offer expert advice, treatment and support, helping you to quit.

Carbon Monoxide monitoring is completed at every appointment to help you see your progress and boost your motivation.

Stop Smoking Treatment and Medication

Alongside the behavioural support provided by OneLife Suffolk's experienced Stop Smoking Practitioners, you will also receive a direct supply of treatment, of your choice.

Treatment available through the service would include prescription medication such as Champix and Zyban or Nicotine Replacement Therapy (NRT) such as:

- Patches
- Lozenges
- Inhalators
- Chewing gum
- Mouth and nose spray

