

Quitting Smoking

The best way for smokers to reduce their risk of cancer and improve their overall health, is to stop smoking completely (Cancer Research UK)

There's lots of information and support from the NHS

Visit the [NHS smokefree website](#) and the [Live Well – quit smoking webpage](#)

Hampshire Quit4Life

The [Hampshire Quit4Life website](#) also has lots of helpful information, advice and support

10 Benefits of stopping smoking

<https://www.nhs.uk/live-well/quit-smoking/>

1. Stopping smoking lets you breathe more easily
2. Stopping smoking gives you more energy
3. Ditch the cigarettes and feel less stressed
4. Quitting leads to better sex
5. Stopping smoking improves fertility
6. Stopping smoking improves smell and taste
7. Stop smoking for younger-looking skin
8. Ex-smokers have whiter teeth and sweeter breath
9. Quit smoking to live longer
10. A smoke-free home protects your loved ones

10 myths about stop smoking treatments

There are often [myths and misconceptions surrounding nicotine and stop smoking medicines](#) including nicotine replacement therapy (NRT) and prescription tablets. Here are 10 common myths, and the truth behind them.

Smokefree National Helpline on 0300 123 1044

The links above are for general information (and action!)

Please contact your GP if you're worried about your health or wanting to start a new health regime.

To invest in the health and wellbeing of your staff, please contact

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www.southampton.gov.uk/wellbeingatwork