

If you would like to stop smoking

See your doctor:



You can also always speak to your community nurse:



Smoking



aids to help you stop smoking



To help you stop smoking you can try using:



- Nasal sprays



- Lozenges



- Nicotine patches

- Nicotine gum



- Microtabs



- Plastic cigarette
'You cannot light this'

It is useful if you still like to have the feeling of something in your mouth.