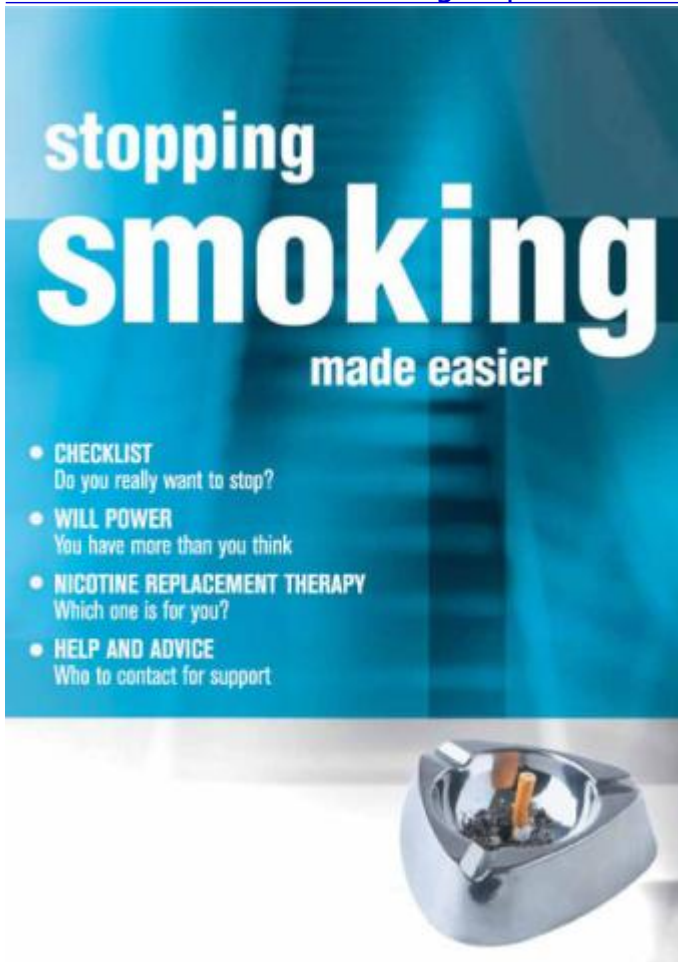


Tuesday, 07 January 2025

[Health and Social Wellbeing Improvement](#)



This booklet takes smokers through the stages of stopping smoking:

- preparing to stop
- stopping
- staying stopped

It also provides advice on the various forms of nicotine replacement therapy (NRT) and non-nicotine medications available, as well as a list of contacts for advice and support.

The translations refer to the 2016 version of this booklet.

Additional information

Available in English, Chinese (simplified), Chinese (traditional), Latvian, Lithuanian, Polish, Portuguese, Russian, Slovak

## Details

Format

16 page A5 booklet

Target group

Smokers

## Downloads

Attachment	Size
<a href="#">Stopping smoking made easier 01_25.pdf</a>	2.96 MB
<a href="#">Stopping smoking made easier Chinese Complex FINAL 0.pdf</a>	1.02 MB
<a href="#">Stopping smoking made easier Chinese Simplified FINAL 0.pdf</a>	1.5 MB
<a href="#">Stopping smoking made easier Hungarian FINAL.pdf</a>	1.4 MB
<a href="#">Stopping smoking made easier Lithuanian FINAL.pdf</a>	1.32 MB
<a href="#">Stopping smoking made easier Polish FINAL.pdf</a>	1.19 MB
<a href="#">Stopping smoking made easier Portuguese FINAL.pdf</a>	817.12 KB
<a href="#">Stopping smoking made easier Romanian FINAL 0.pdf</a>	977.23 KB
<a href="#">Stopping smoking made easier Russian FINAL 0.pdf</a>	1.01 MB
<a href="#">Stopping smoking made easier Slovakian FINAL.pdf</a>	953.41 KB
<a href="#">Stopping smoking made easier Tetum FINAL.pdf</a>	1.23 MB

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