

free smoke

A large white graphic of a smiley face with a 'no smoking' symbol for an eye. The word 'free' is written in a large, white, rounded font, and the word 'smoke' is written in a smaller, yellow, rounded font above the 'e' of 'free'. The 'e' of 'free' is replaced by a white circle containing a red 'no smoking' symbol (a cigarette with a slash through it).

The Benefits of Stopping Smoking

20 mins

Your blood pressure and pulse rate should return to normal.

72 hours

Breathing becomes easier. Your bronchial tubes begin to relax and your energy levels increase.

3-9 months

Coughs, wheezing and breathing problems get better as your lung function is increased.

**Did you know
that more people
succeed with our
Specialist Stop Smoking
Service than any other way.**

free **smoke**

We offer a free and flexible service to anyone keen to stop smoking provided by Specialist Stop Smoking Practitioners. They are easy to access and have a lot to offer including:

- Individual / group support
- A location that suits you
- Specific advice and guidance on stopping smoking
- Prescriptions for stop smoking products if required

Weekly Drop-In Clinics are available in these areas.

**Derry/Londonderry
Carnhill Resource Centre Mon 6-7.30pm.**

Limavady Health Centre - Wed 5-6pm

Strabane Health Centre - Wed 5-6.30pm

**Omagh, Post Grad Centre, TCH
Tues 6.30-8pm**

**Enniskillen, Room 15, Main Entrance, South
West Acute Hospital, Mon 6pm-7.30pm**

Helpline 0800 9179388