

START YOUR SMOKE-FREE JOURNEY TODAY!



YOUR HOUSE, YOUR HOME, YOUR FAMILY!

A place where you make memories, grow and make choices.

A smoke-free journey starts at home. There are many benefits to quitting smoking, not just for you, but your loved ones too.

A healthier, safer and happier home for all. Stopping smoking improves every aspect of your life and your family's lives. You won't regret it.

Eliminating second and third hand smoke in the home is the first step to protecting those around you. So what's stopping you?

Smoking is the number one cause of fires in the home. Stub out the risks now!

SCHOOL (A SMOKE-FREE ENVIRONMENT BY LAW SINCE MARCH 2021)

End the trend! Children are influenced by those around them; their family, their peers. Children who live with a smoker are 3 times more likely to smoke when they grow up.



PLAYGROUND (A SMOKE-FREE ENVIRONMENT BY LAW SINCE MARCH 2021)

Do you often see litter scattered around your children's local play area? Smoking-related litter makes up 70-90% of all litter found in Wales. **Clean the streets!**



DOES SMOKING AFFECT YOUR BREATHING?

Breathing becomes easier just 72 hours after quitting smoking and one year of being smoke-free reduces your risk of heart attack by half.

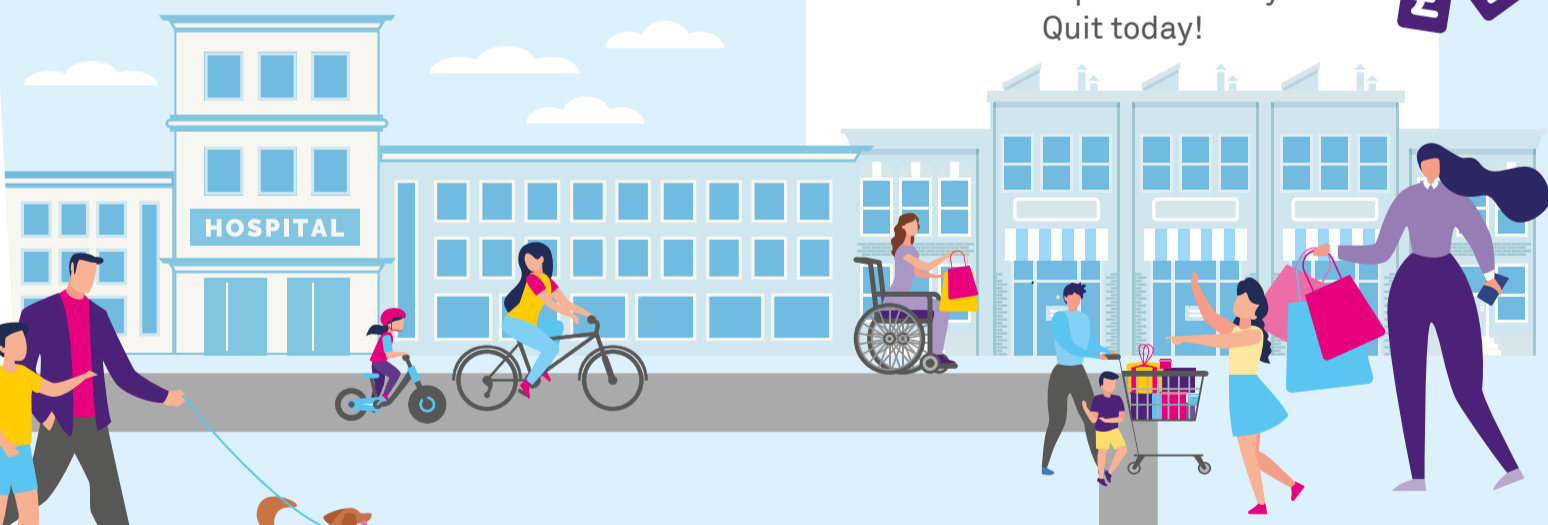
A healthy heart is a happy heart!



HOSPITAL (A SMOKE-FREE ENVIRONMENT BY LAW SINCE MARCH 2021)

Improve your health, reduce your hospital visits. A smoke-free home reduces the risk of cancer for all, including your pets.

Smoking is the biggest preventable cause of deaths in Wales – help to keep your loved ones healthy and safe and make the change.



You could **SAVE £4000 A YEAR** if you quit your 20 a day habit today. Don't let temptation suck you in. **Quit today!**



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HELP ME
QUIT

Help Me Quit offers free stop smoking services through the NHS. You will be provided with nicotine replacement products, e.g. patches, gum etc. to help combat your cravings and habits.

Help is at hand with ongoing support throughout your journey from our friendly stop smoking advisors. Let us help you, help your family. Call today!

Visit helpmequit.wales or text **HMQ to 80818**, or call **0800 085 2219**

**MAKE THE CHANGE,
CHOOSE YOUR
QUIT DATE TODAY!**

