

Thursday, 30 March 2017

## [Health and Social Wellbeing Improvement](#)



This leaflet outlines the effects of smoking on mental wellbeing; shows how quitting will make you feel better; describes how you can quit; and highlights where to get help and support. It is available from health promotion/improvement departments at local Health and Social Care Trusts.

## Details

Format

8 page A5 leaflet

Target group

Smokers with mental health difficulties

## Downloads

| Attachment  | Size   |
|---|--------|
| <a href="#">Smoking and your health final 02_17.pdf</a> | 2.9 MB |
| <a href="#">Print</a>                                   |        |