

One You Haringey can help you stop smoking for good this New Year



Make 2019 The Year You Quit Smoking For Good

Stopping smoking is the single most helpful thing you can do to improve your health and the health of the people around you. Every year more and more people quit smoking, and enjoy the better health, wealth, lifestyle and life expectancy this can bring.

Research shows that you are far more likely to be successful if you combine treatments, than using just willpower alone. This year 205 people on the One You Haringey service were still smoke-free after 4 weeks, compared to only 3 in 100 smokers who manage to quit using willpower alone.

With One You Haringey you can choose to get support one-to-one or part of a group with a Health Adviser to stop smoking. You can attend an outreach clinic and home visits are also available. You'll use a mix of behavioural change support and Nicotine Replacement Therapy (NRT) or prescription only medication where required.

One You Haringey participant, Cijma, said: "I had been smoking for 36 years. It made me lose my voice, kept me awake at night and made me sick. The service and my coach have been fantastic. Whenever I smell cigarettes now I feel sick."

Majid also joined the service, he explained: "I have been smoking for 50 years now. The first time I tried to quit 2 years ago was unsuccessful. But since joining the service I feel more determined and I willing give anything to give up smoking."

Smoking remains the single biggest preventable cause of death. Ask One You Haringey for free advice on the best way to quit. Search **smoke-free** for your free personal quit plan.

One You Haringey is a high impact lifestyle and wellbeing service that helps people make important, lasting improvements to their health. One You Haringey is provided by REED Momenta and funded by Haringey Council. Find out more here:

www.oneyouharingey.org