

Go smokefree & put your body on the mend:

**20
minutes**

Your blood pressure and pulse return to normal. Circulation improves.

8 hours

Your blood oxygen levels return to normal and your chance of having a heart attack falls.

24 hours

Carbon monoxide leaves your body. Your lungs start to clear out mucus and debris.

48 hours

Congratulations. Your body is now nicotine free. Your sense of taste and smell will improve.

72 hours

Your breathing is easier. You have more energy.

**2-12
weeks**

Circulation is now improved throughout your body. It's easier for you to walk and exercise now.

**3-9
months**

Your lung efficiency is up by 5-10 per cent. Breathing problems are fading away.

5 years

You now have only half the chance of getting a heart attack compared to a smoker.

10 years

The chance of you getting lung cancer is now half that of a smoker. Your chances of having a heart attack are now the same as someone who's never smoked.

There are a variety of ways to help you quit.

A NAViGO Tobacco Dependency Advisor can assess your needs and habits, helping to identify the best course of treatment and support.

For support or more information please contact:

Email: navigo.smokefree@nhs.net
Lisa.McCann@nelincs.gov.uk
polly.barber1@nhs.net

Call: 01472 325500

Useful websites:

- www.nhs.uk/smokefree
- www.nhs.uk/livewell/smoking
- www.nhs.uk/start4life/stop-smoking
- www.nelincs.gov.uk/health-and-wellbeing/wellbeing-services

 NAViGO

 NHS

We are smokefree

What does this mean for you?

NAVIGO, NAViGO House, 3 - 7 Brighowgate, Grimsby, DN32 0QE
T: (01472) 583000 E: info.navigo@nhs.net W: www.navigocare.co.uk



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Launching
2nd January 2018


SMOKEFREE

From 2 January 2018 all NAViGO premises, including in-patient gardens and courtyards will become smokefree, meaning service users, staff and visitors will no longer be able to smoke tobacco on any NAViGO premises.

The decision comes following the publication of NICE recommendations and guidelines, which require all mental health providers to become smokefree. The recommendations also highlight high smoking rates and lower life expectancy rates amongst those living with mental health problems. We have a duty of care to our service users and by going smokefree we aim to significantly increase the physical and mental health of our service user's as well as their life expectancy.

A number of our staff are trained to provide advice, guidance and support in nicotine management. Should you wish to find out more please speak to your care provider or contact the individuals on the back of this leaflet.



Did you know stopping smoking is good for your mental health?

Being smokefree helps relieve stress, anxiety and depression, giving you a more positive outlook on life. These benefits apply to all smokers, not just those with pre-existing mental health problems.

Studies show that people's anxiety, depression and stress levels are lower after they stop smoking when compared with those who carry on smoking and that their quality of life and mood improves. Also, the improved levels of oxygen in the body means that ex-smokers can concentrate better.

It's estimated that 30% of all smokers have a mental health problem.

It's a myth that smoking improves mood

Smokers tend to feel irritable, anxious and down when they haven't smoked for a while and these unpleasant feelings are temporarily reversed when they light up a cigarette. That creates the impression that it's the smoking that has improved their mood, when in fact it's smoking that caused the psychological disturbances in the first place.

For more visit www.nhs.uk/Livewell/smoking/

Top 5 tips for quitting smoking

Quitting smoking will change your life. Here are five practical things that you can do today to get started.

- 1** Prepare for the day you quit and avoid temptation - choose a quit date that's unlikely to be stressful and make sure you don't have any cigarettes, lighters or matches on you. Avoid the pub or other places where people around you might be smoking.
- 2** Talk to your local Stop Smoking Service, pharmacy team, doctor or practice nurse about stop smoking medicines that can help with nicotine withdrawal symptoms.
- 3** Remember all the reasons why you're quitting:
 - Feeling great
 - Reduced health risks
 - Extra money in your pocket
- 4** Distract yourself, talk to someone, go for a brisk walk, stay busy, change your scenery.
- 5** Last but not least, remember there's never "just one" cigarette. You CAN do it!

For more visit www.nhs.uk/smokefree/