

TODAY IS THE DAY TO STOP SMOKING

No Smoking
Day 2022
9 March

Don't give up on giving up.
Every time you try to stop smoking, you're a step
closer to success.

If you smoke you've probably tried to stop before.
When you try and it doesn't work out it can feel
like you'll never succeed. **But you will.**

Like many things, stopping smoking takes
practice. You might not get it on the first go but
the attempt was never wasted. The last time you
quit, you learned something about how to do it
better this time.

Today is the day. Join the millions of smokers
trying to stop this year. See what you can do.

For advice and support to quit, search **'smokefree'**