

If you are one of those people who set out with good intentions but have lapsed back to cigarettes, make March the month you quit for good.  Most smokers want to stop and with our support and Free NRT for staff you could be 4 times more likely to be successful this March.

Throughout his Month **WE** will be: helping smokers become non-smokers, sharing some useful information, Smoke Free videos, animations, podcasts, tweeting useful information about No Smoking Month. Many of these resources can be found on [Stop Smoking | B Well Belfast](https://bwellbelfast.hscni.net/positive-choices/stop-smoking/)

For more than a decade, the Belfast Trust’s Stop Smoking Service have been providing evidence-based stop smoking support and consistently getting higher than a quit rate of 50% within four weeks!

We help with cravings, stress, avoiding weight gain and developing a healthy lifestyle. You don’t have to face it alone.

If you can stay quit for the month of March you are **5 times more likely** to quit for good.

During the month of March a 20 a day smoker could save £310 by not smoking.That equates to £3,650 a year…. £18,250 in five years and £36,500 in ten years.

Stopping Smoking is the best health improvement decision anyone can make.

Your health is your wealth.

Click [here](http://intranet.belfasttrust.local/directorates/nue/Pages/Smoking-Cessation-Team.aspx)to make a referral for yourself or a patient.

To find out more or to get in touch with the Stop Smoking Service please call 02895046714 or email stopsmoking@belfasttrust.hscni.net