

Smoking



Did you know?

Smoking cigarettes is bad for your lungs and heart.
Cigarette smoke is poisonous.
If you smoke you can get help to stop.

What can I do?

- You can see your doctor if you want to stop smoking.
- You can call the Kirklees Stop Smoking Service on:
01924 351498 if you live in Dewsbury, Batley, or Spen
01484 344285 if you live in Huddersfield

How can Kirklees Stop Smoking Service help me?

- The service is free and confidential.
- They will help you stop smoking.
- They can tell you about medicines that can help you to stop smoking.
- Specialist advisors will help you with different ways to do this.
- They will give you advice on how to stay stopped.
- This will happen in a health centre, hospital, or other community place.



My next stop smoking appointment is