

NATIONAL NO SMOKING DAY 12 MARCH 25

YouMatter

You deserve a healthier, smoke-free life. Let's get started!

What happens when you quit smoking?

The sooner you quit, the sooner you'll notice changes to your body and health.

Look at what happens when you quit for good.

After 20 minutes Check your pulse rate, it will already be starting to return to normal.	After 8 hours Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.	After 48 hours Your carbon monoxide levels have dropped to that of a non-smoker. Your lungs are clearing out mucus and your senses of taste and smell are improving.	After 72 hours If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.
After 2 to 12 weeks Blood will be pumping through to your heart and muscles much better because your circulation will have improved.	After 3 to 9 months Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.	After 1 year Great news! Your risk of heart attack will have halved compared with a smoker's.	After 10 years More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

NHS INFORM

Quit Your Way Scotland

Quit Your Way Scotland is an advice and support service for anyone trying to stop smoking in Scotland.

You can contact Quit Your Way Scotland for free by:

- Phoning a Quit Your Way Scotland adviser on 0800 84 84 84
- You can also access the online chat function here: www.nhsinform.scot/healthy-living/how-to-stop-smoking/

The helpline is open:

- Monday to Friday, 9am to 5pm

The webchat service is open within those times depending on the availability of an adviser.

NIDIRECT

You can also visit nidirect for Northern Ireland, to get tips and advice and to get a Public Health Agency Quit Kit.

There is also links to various local Healthcare support.

Please visit: www.nidirect.gov.uk/news/help-available-if-you-want-quit-smoking

You can also download the free NHS Quit Smoking app

Use the NHS Quit Smoking app this 2025 to help you quit smoking and start breathing more easily.

The app allows you to:

- Track your progress
- See how much you're saving
- Get daily support
- Get inspired by others
- Once you reach 28 days smoke-free, you're much more likely to quit for good!

