

# One in every two smokers will die from a smoking related illness.

## How will your family cope if you're the one?



## It's never too late for you to quit smoking.

Find help and advice to quit at [DontBeThe1.tv](http://DontBeThe1.tv) or call 0300 123 1044

(Lines open Monday - Friday 9am-8pm. Saturday - Sunday 11am-4pm).

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# Take the first step. Join countless others who have stopped smoking for good!

## Smoking kills 1 in 2

It's a tragic fact that half of all smokers will die from a smoking-related illness, some in their 40s. Smoking causes 16 different types of cancer, COPD (a debilitating and life threatening disease of the lungs) as well as heart disease, stroke and diabetes. But it is never too late to quit. Stopping smoking is the biggest single step you can take to improve your health and reduce your risks. If you've tried before but not succeeded, you can do it this time.

## Ways to quit

There are more ways to quit than ever before – free support is available to everyone:

- If you're going it alone, why not download the Public Health England Smokefree App to give you daily motivation and tips? You will find these on the stop smoking page at [nhs.uk/smokefree](https://nhs.uk/smokefree)
- Stop smoking medicines are available from shops, pharmacies and on prescription to help you reduce withdrawal symptoms and quit for good.
- There are dedicated stop smoking sessions where you can see a friendly advisor 1-1 or attend a group where you'll meet people who are quitting like you. More details of local drop-ins are at [DontBeThe1.tv](https://DontBeThe1.tv)

Call the Smokefree National Helpline  
to speak to an advisor on  
**0300 123 1044**  
or visit [DontBeThe1.tv](https://DontBeThe1.tv)



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