

How many cigarettes, cigars, pipe etc., do you smoke on an average day:

Have you ever tried to quit before? Yes No

If yes, have you ever sought professional support?
Yes No

In which health centre/hospital would you like to attend:

Mosta health centre

Floriana health centre

Paola health centre

Gozo General Hospital

QUIT LINE
8007 3333



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Take
the first step
to be **smoke free**



If you are a smoker...

...quitting is the best thing you will ever do! There are so many good reasons to quit smoking, such as to:

- Enjoy better general health;
- Improve your sexual health;
- Protect your family and friends from second hand smoke;
- Act as a role model;
- Reduce nicotine cravings, and feel less on edge;
- Have more money in your pocket and be able to travel more;
- Sleep better;
- Appreciate your sense of taste and smell;
- Improve the odour of your clothes and breath.

People of all ages can benefit from stopping smoking. It is never too late to quit! Even those who have started to experience smoking related health problems can still enjoy health benefits.



You may be thinking about quitting and you may even have tried before.

Take your first step by seeking professional support. Support has been found to more than double the chances of success!

The Health Promotion and Disease Prevention Directorate offers professional smoking cessation support at Mosta, Floriana and Paola Health Centres. Professional support is also available at Gozo General Hospital. Our smoking cessation advisors can help you prepare your Quit Plan and support you throughout your journey. If you are ready to quit, fill in the application and send it to:

Health Promotion and Disease Prevention Directorate
5B, The Emporium
C. De Brocktorff Street
Msida MSD 1421



For more information, please contact us on our

Quitline 8007 3333



Name

Address

Gender Identity Card number

Age

Email

Telephone Mobile number

Date

Data Protection Statement: All data collected is processed with Article 27 (a) (i) of the Public Health Act and the Data Protection Act 2001. The health data is required for statistics and research purposes in the interest of public health.

Please turn over

APPLICATION