

Smoking

NO GAMES NO ENTERTAINMENT

HOW CAN I QUIT

I want to be healthy, feel good and spend my money wisely

GRADUALLY

INSTANTLY

Reduce the amount of cigarettes daily as much as you can and set new target each week.

This might be tough. Be prepared, and don't hesitate to ask your family and friends for help.

It is important to pick a quit date ... and stick to it!

You can quit ... contact us: Health Promotion and Disease Prevention Directorate on 23266000 Freephone: 80073333 • Quitline: 23266116

#smokenojoke

IF YOU ARE READY TO QUIT, SEEK HELP

Your chances of quitting will be increased.

The Health Promotion and Disease Prevention Directorate offers one to one counselling or group therapy.

Phone the Quitline on 23266116 or Freephone 80073333 for an appointment. Counselling services are available at Floriana and Mosta Health Centres.

E-mail: health.pro@gov.mt

Health Promotion and Disease Prevention Directorate



#SMOKENOJOKE



Hi there – coffee? 😊 9:00

Would love to but I am at the doctor's clinic now 9:05 ✓✓

What's up? 9:06

My chest is killing me 9:08 ✓✓

Why? What's wrong? 9:10

I'm short of breath and I'm wheezing. I started smoking at 15. I thought it would be cool and acted like a fool. Now I'm 38 and not feeling well. 9:11 ✓✓

Thinking about my health now and to be honest I am scared. This is all because of the cigarettes I smoked. 9:12 ✓✓

I am sorry to hear that... 😞 9:14

Yes... have to go as the doctor is calling... Believe me... Smoke is no joke!! 😞 9:16 ✓✓

Type a message



Tweets



Tobacco
@tobacco

24 Aug

#Addiction #Wrinkles #ShortnessofBreath #Cancer



Tobacco
@tobacco

27 Aug

#Infertility #StainedFingers #BadBreath #LungDisease

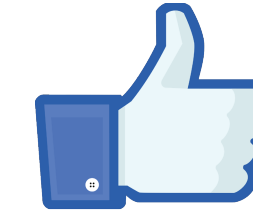


Tobacco
@tobacco

28 Aug

#GumDisease #Heart&CirculatoryDisease #Osteoporosis

Load More



WED 4:21 PM



Your life plans...

I'm just a teen enjoying a cigarette; I still feel full of energy and health.

I want to look my best and feel my best.

I'd like to have enough cash for the newest smartphone, the latest clothing and to enjoy a night out.

I want to live my life to the fullest, make memories all over the world and enjoy every moment spent with my lifelong friends.

...ruined by smoking

Someone who starts smoking at 15 is three times more likely to die from cancer than someone who starts smoking in their mid-20s. (2)

Chemicals in cigarettes restrict blood flow to your skin. Smokers have more wrinkled and saggy faces by the time they're in their mid-20s. (2)

The average smoker spends an astonishing €35 a week and €114,000 over their lifetime on cigarettes. (2)

Lifelong smokers die on average 13 years earlier. (1)

Type a message...



(1) U.S. Department of Health & Human Services. (n.d.). Campaigns: The Real Cost. Retrieved from http://betobaccofree.hhs.gov/campaigns/the-real-cost/index.html
(2) NHS Choices. (2016). Under-18s guide to quitting smoking. Retrieved from http://www.nhs.uk/Livewell/smoking/Pages/Teensmokersquit.aspx