

# Information for people who smoke



This easy read tells you health information for people who smoke.



There are lots of things we can do to be healthier.



Stopping smoking helps people to feel healthier.



For example:

- Your body feels better.



- It is easier to breathe.



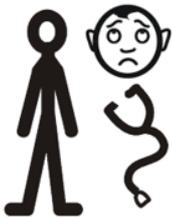
- You have more energy.



- Exercise is easier.



Smoking is one of the main reasons people get unwell and die too young.



It can make people more likely to get lots of different health conditions.



Smoking can you give you lung cancer.



Smoking can give you heart disease.



There are lots of things you can do to help you stop smoking.



You can talk to a stop smoking advisor about ways to stop smoking.

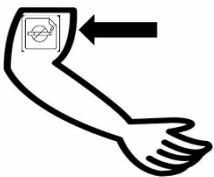


To find your stop smoking service:

- Ask your doctor
- Visit [Your Health Notts](#)



A stop smoking advisor might give you things to help you stop, such as:



- Nicotine patches. These look like plasters and stick on your skin. This does not hurt.



- Chewing gum with nicotine in it.



It is nicotine in cigarettes that make you want to have them all the time.



Things to help you stop smoking usually have nicotine in. This is because nicotine is not the worst thing in cigarettes.



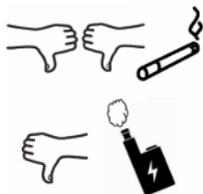
You can also try using fidget or distraction toys to help.



Some people find it easier to stop smoking by using a vape. If you are over 18, a stop smoking advisor might talk to you about this too.



A vape lets you breathe in just the nicotine and not some of the other dangerous things that are in cigarettes.



Vaping is still bad for your health, but not as bad as smoking.



Make sure you only use a vape given to you by a stop smoking advisor or brought from a shop like a supermarket.



Do not use a homemade vape, or one someone else has given you because it may not be safe for you.

## Customer Service Centre



Our Customer Service Centre can answer most of your questions and help with information and form filling.



There are several ways to contact them, including:

**Web:** [Use our online contact form](#)



**Telephone:** 0300 500 80 80



**Text Relay:** 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



**Sign Video**

People who use British Sign Language to communicate can use [the SignVideo app](#) to speak with us.

## Links in this document

**Nottinghamshire County Council – contact us form**

[nottinghamshire.gov.uk/contactform](https://www.nottinghamshire.gov.uk/contactform)

**Relay UK app**

<http://www.relayuk.bt.com/how-to-use-relay-uk/download-app.html>

**SignVideo app**

[signvideo.co.uk/download](https://signvideo.co.uk/download)

**Your Health Notts**

<https://yourhealthnotts.co.uk/wellness-resources/>

This easy read was first published 20 March 2026.  
This information was last updated 20 March 2026.