

Stop Smoking Start Saving

A 20 a day smoker could
save over **€3000** per year.



National Smokers' Quitline
CallSave 1850 201 203
for advice, support and information



Féidhmeannacht na Seirbhíse Sláinte
Health Service Executive



irish
cancer
society

Dealing with cravings

The 4 D's

Tips for smokers:

1 Delay

Delay at least 3-5 mins and the urge will pass.

2 Drink

Drink a glass of water or fruit juice.

3 Distract

Distract yourself. Move away from the situation.

4 Deep Breathe

Breathe slowly and deeply.

NEED HELP?

National Smokers' Quitline

CallSave 1850 201 203