20m
20 mins - your heart rate returns to normal

8h
8 hours - your CO levels have reduced by 50%

48h
48 hours - oxygen levels return to normal levels

72h
72 hours - Breathing is easier as your breathing tubes relax.



What happens when I stop smoking?

Contact Brent's Stop Tobacco Service today by emailing **StopTobacco@brent.gov.uk** or call us on Tel: **020 8937 5490**

Brent

Brent's Stop Tobacco Service will support you by...

- Providing support by telephone or face to face
- Your Stop Tobacco Advisor contacting you every week
- Offering 6-8 weeks of treatment

Eligibility...

The Brent Stop Tobacco service is free, confidential and available for all Brent residents, individuals who are registered with a GP in Brent. Our service welcomes anyone who uses tobacco (including cigarette smokers and individuals who use chewing tobacco or smoke shisha), with the aim of helping people improve their health and wellbeing by quitting.

If you don't fit the above criteria, contact Stop Smoking London helpline on **0300 123 1044** **www.stopsmokinglondon.com**

Email: StopTobacco@brent.gov.uk **Tel: 020 8937 5490**

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