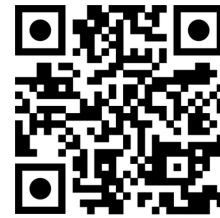


## WHAT DOES SMOKING COST?

These costs are an estimate based on cheaper brands:

AMOUNT	WEEKLY	MONTHLY	YEARLY
10 per day	£35	£139	£1805
20 per day	£70	£278	£3607

TRY THE ASHWALES CALCULATOR HERE



Ewch i [helpafiistopio.cymru](http://helpafiistopio.cymru)  
neu tecstiwch HMQ i 80818.  
Visit [helpmequit.wales](http://helpmequit.wales)  
or text HMQ to 80818.  
**0800 085 2219**

## FREE HELP

- 'Help Me Quit' is Wales' **Free NHS stop smoking service**.
- All quitters receive expert **behavioural support**, **free stop smoking medication** (worth up to £250), **weekly sessions** with an advisor, face to face or over the phone.
- Smokers are **4 times more likely** to quit with Help Me Quit than doing it alone.
- Visit [www.helpmequit.wales](http://www.helpmequit.wales), or call Freephone 0800 085 2219



## WHAT ABOUT E-CIGARETTES?

**E-cigarettes can also help to save money.**

An e-cigarette is a device that allows you to inhale nicotine in a vapour rather than smoke.

**Disposable e-cigarettes** can be helpful as a starting point to see if you get on with them. They cost **between £2-£5** and can last a few days to a week if used only when needed.

**Rechargeable e-cigarettes** (also known as tanks) can be more cost-effective & are kinder to the environment, being refillable. Price varies but they can cost **between £20 and £60**.

## WHAT ELSE IS AVAILABLE?

Reducing cigarette intake, or completely quitting, can help you save money - **Nicotine Replacement Therapy (NRT)** could help:

**On-Demand NRT** (such as sprays, inhalers or gum) can help you to **cut back** on the amount you smoke

**NRT patches** are recommended as a **replacement** of cigarettes, not be used if you're still smoking.

Nicotine patches, and gum are all available at a much cheaper price than cigarettes. They're averagely £10 a pack & should last you a week if not longer.

**FOR NRT INFO, SPEAK TO YOUR GP OR PHARMACY.**

For more information, visit:  
[ash.wales/campaign/switch-quit-save/](http://ash.wales/campaign/switch-quit-save/)