

# Minimizing harmful substances

## Smoking cessation

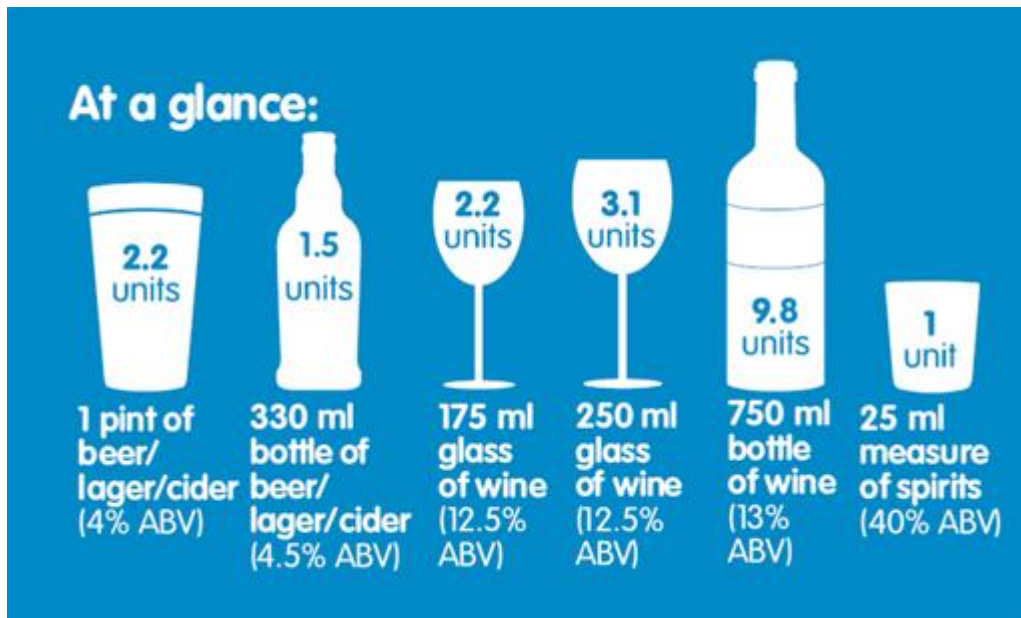
Smoking is the primary cause of preventable illness and premature death in England. **Giving up smoking can make a real difference to your health and quality of life.** Please follow the link below for more information on quitting smoking.

<https://next.shropshire.gov.uk/public-health/healthy-shropshire/stopping-smoking/>

## Alcohol

Alcohol is linked to a number of physical health conditions and can also had a negative effect on your mental health. **Stopping or cutting down on alcohol can make a big difference.**

It is recommended to drink no more than 14 units of alcohol per week, spread across 3 days or more.



Alcohol units at a glance Public Health Scotland

For help with cutting down, follow the link below:

<https://www.nhs.uk/better-health/drink-less/#:~:text=It's%20recommended%20to%20drink%20no,risk%20of%20harming%20your%20health.>

**For drug and alcohol support in Shropshire:**

<https://www.wearewithyou.org.uk/local-hubs/shropshire-recovery-partnership>

