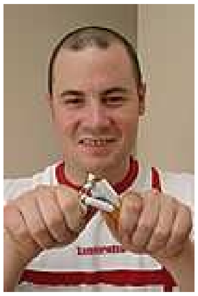
Raġel minn Dorset JIEQAF ipejjep ghat-tarbija tieghu
13/05/2005



Ir–Renju Unit
Kburi, missier, Adam Clay, 25, minn Dorset, waqaf ipejjep sabiex it–tarbija tieghu tkun tista´ tikber f´dar minghajr duhhan.

Adam beda jpejjep meta kellu 13–il sena u qatt ma kkunsidra jieqaf. Waqt ix–xoghol kien jistenna bil–herqa l–pawżiet sabiex ikun jista´ jpejjep.

Wara t–twelid tat–tarbija tieghu, Adam irrealizza li kellu bżonn jieqaf mhux ghalih biss imma sabiex it–tarbija tieghu jkollha dar minghajr duhhan. Hu attenda grupp ghal min irid jieqaf ipejjep, ghamel użu minn Buproprion, u ċempel regolarment lil Quitline fuq 0800 00 22 00.

Adam qal: “Minflok naqbad sigarett, naqbad it–telefon. Nitkellem ma´ counsellor tal–Quitline ghini hafna sabiex inqalqal motivazzjoni fija nnifsi.”

Une initiative de l'Union Européenne