



**I got help
to quit
smoking in
a way that
worked
for me.**

**Free, local support
to quit your way.**

**QUIT
YOUR
WAY**
with our
support

We can help you quit – your way



Giving up smoking is not something you have to do on your own – there's a free Quit Your Way service available locally to help you succeed. You're twice as likely to stop smoking successfully with the right support from the NHS.

Who can take part?

Everyone can get free support – it'll be tailored to you, at a time and in a way that is right for you. It's never too late to stop smoking, and we'll be with you every step of the way. No pressure, just support.

You may have tried to stop before without success – we know that nicotine is a powerful, addictive drug. We're here to help and support you when you're ready.

You choose the support you want

Talk to your local Quit Your Way adviser for FREE support and advice. Here are the support options available to you:

- drop-in sessions
- group support
- community pharmacy
- support if you are in hospital
- support if you are pregnant
- support if you use e-cigarettes
- you can call 0800 84 84 84

Once you've found your way to quit smoking, you're halfway there.

Call 0800 84 84 84 free to find out what support you can choose from.

Get started at www.QuitYourWay.scot

Text QUIT to 83434 for a quit pack or text CALL to the same number and a Quit Your Way Scotland adviser will call you back.

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