

Contact Quit Your Way in your
local area:

Edinburgh: 0131 286 5113

East & Midlothian: 0131 537 9914

West Lothian: 01506 651 829

Free local support to quit
smoking in the way that
works for you

Online

[Tinyurl.com/qywlothian](https://tinyurl.com/qywlothian)

<https://www.nhsinform.scot/healthy-living/stopping-smoking>



Find us on  NHSLothianQuitYourWay

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We can help you quit - your way

Giving up smoking is not something you have to do on your own. There's a free local Quit Your Way service available to help you succeed.

If you're thinking about stopping smoking, take the first step now, and contact us.

We would love to help you find your way to give up for good. No pressure, just support.

Stopping smoking is the best thing you can do to improve your health. The potential benefits include:

- Have more money
- Feel better
- Look better
- Smell and taste food better
- Sleep better
- Breathe more easily
- Feel more relaxed
- Have a better quality of life

Getting the right support is vital

While some people do stop smoking on their first attempt, many take several attempts to give up for good. With the right support from the NHS you are more likely to stop smoking successfully.

You've already made the first step by picking up this leaflet. The next step is to contact us and have a chat with your local Quit Your Way practitioner or contact your local pharmacy.

You choose the support you want

Talk to your local Quit Your Way practitioner for free support and advice.

This may include free treatments such as nicotine replacement therapy.

You can get support either by coming along to a **face to face support session**, or receive **telephone support**.

We will also support you if:

- You are pregnant
- You are in hospital

Who can get FREE support?

Everyone can get free support- it'll be tailored to you, at a time and in a way that is right for you.

Your local Quit Your Way practitioner or pharmacy service will discuss the range of options available and you choose the best approach for you.

We will be with you throughout your quit journey and can give you all the support you need. Even if you are using an e-cigarette to help you stop smoking, you can still get our support.

Call your local Quit Your Way team or pop into your local pharmacy to arrange support.

