



Let's talk about smoking

Stop-smoking services

If a person you support is on medication for their mental health condition, they ***MUST speak to their GP, CPN or other medical practitioner first, before stopping smoking***

- ❖ **FREE** support available in every part of Scotland, via specialist NHS services (1:1, Group) – they're now all known as Quit Your Way. To find what's available in your local area, visit www.quityourway.scot
- ❖ **FREE** phone support seven days a week via Quit Your Way Scotland, run by NHS 24 – Freephone tel. 0800 84 84 84
- ❖ **FREE** webchat available online at www.quityourway.scot
- ❖ **Text 'CALL' to 83434** for an advisor to phone you back
- ❖ **Text 'QUIT' to 83434** for a quit pack to be posted to you
- ❖ **Email** QuitYourWay@nhs24.scot.nhs.uk with any enquiries

- ❖ **All NHS pharmacies** offer **FREE** stop-smoking support (either one-off or over a set period)
- ❖ **Nicotine Replacement Therapy (NRT)** and **Champix** is available **FREE** of charge with a prescription (or can be bought over-the-counter)
- ❖ **All NHS GPs and Practice Nurses** can chat to you about stopping smoking (and refer you on to other services, where appropriate)