

Quit Your Way

Free NHS Stop Smoking Service

Giving up smoking is not something you have to do on your own. There is a free NHS stop smoking service available in Lanarkshire to help you succeed. You're twice as likely to stop smoking successfully if you get the right support from the NHS.



Choosing the support you want

There is a variety of options available to you offering FREE support, advice and access to FREE treatments in the way that works for you.

Support options include:

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

You may have tried to stop smoking before without success – we know that nicotine is a powerful, addictive drug. We're here to help and support you when you are ready. Once you have found your way to quit smoking, you're half way 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 83434 for an adviser to call you back.

Quit Your Way Pregnancy Team: 07811840351

Quit Your Way Mental Health Team: 01698 456219/ 07580985255

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