



**My pharmacist helped me find my way to quit smoking.**

**Find your way with our support.**

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

**Get started**

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

Get started at **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.

**For your local service in Ayrshire and Arran please contact Freephone 0800 783 9132 or email QYWAyrshire@aapct.scot.nhs.uk**

**QUIT YOUR WAY**  
with our support

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**NHS**  
Ayrshire & Arran

**I couldn't have quit smoking without the help to do it my way.**

**Free, local support to quit in the way that works for you.**

**0800 84 84 84**

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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 NHS stop smoking service available locally to help you succeed. If you're thinking about stopping smoking, take the first step now. We'd 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. Think of the potential benefits:

- have more money
- feel better
- look better
- smell and taste food better
- sleep better
- breathe more easily
- feel more relaxed
- get praise from family or friends
- have a better quality of life.

## Find your way

Get started at [QuitYourWay.scot](https://quityourway.scot) or call free on **0800 84 84 84**.

## Getting the right support is vital

While some people do stop smoking at their first attempt, many take several attempts to give up for good. You're up to three times as likely to stop smoking successfully if you use an NHS stop smoking service, compared to trying to stop on your own. You've already made the first step by picking up this leaflet. The next step is to contact us and have a chat with one of our advisers or contact your local pharmacy.

## You choose the support you want

Talk to your local stop smoking adviser for FREE support and advice. This may include access to free treatments, including nicotine replacement therapy (NRT) or Champix. Here are the support options available to you:

- group support
- one-to-one
- drop-in sessions
- support if you are in hospital
- support if you use e-cigarettes
- support if you are pregnant
- community pharmacy

## 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. Your local stop smoking adviser or pharmacy service will discuss the range of options available and you choose the best approach for you.

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

## How to get started

It's easy – just get in touch with your local NHS stop smoking service or pharmacy service and we can discuss your options to stop smoking. It's never too late to stop and we want to support you. Just give us a call on 0800 84 84 84.

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 feel ready.

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