

Smoking



QUIT YOUR WAY
with our support

Whilst some people do stop smoking at their first attempt, many take several attempts to give up for good. People are up to three times as likely to stop smoking successfully if they use an NHS stop smoking service, compared to trying to stop on their own.

Quit Your Way have various support services available to help with stopping smoking.

Refer via SCI gateway at:

<https://www.scigw.scot.nhs.uk/web/login.aspx?instance=Live&gpassAction=login>

Alternatively, find the nearest Quit Your Way Pharmacy or local smoking cessation support service by using our [Postcode search](#).

Why not have a look at our Facebook page to see the ways that other people have managed to stop smoking at:

www.facebook.com/quityourwaynhsggc