

What to expect



Behavioural support covers many things. Together with your advisor you can expect to look at:

- Boosting your motivation
- Coping with challenges
- Tackling habit
- Creating the right environment
- Resources and social support
- Maintaining your quit long-term

Other options

Free NRT is available from your local Pharmacy, without behavioural support.

More info and resources:
www.nhsinform.scot/healthy-living/stopping-smoking



Contact Us

To sign up or find out more, contact us at:



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QUIT YOUR WAY STOP SMOKING SUPPORT



Healthy Shetland

QUIT YOUR WAY
with our support

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Quit Your Way

Quitting smoking is hard, but we are here to help you find your way.

At Healthy Shetland, we can offer you tailored support with trained advisors, who are specialists in smoking behaviour change.

We can also provide you with nicotine replacement therapy (NRT), free of charge, which gives you a safe, clean way to manage cravings.

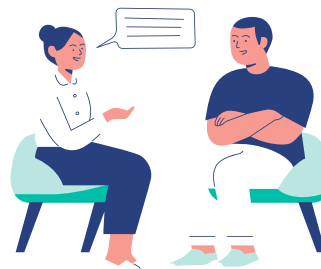
Research tells us you are 4 times more likely to quit with specialist support plus medication than you would be going it alone.



One-to-one support

You can choose to speak to an advisor on a one-to-one basis:

- over the phone
- via videocall
- or face to face



The Quit Your Way programme usually takes 12-weeks to complete, but if you need support in the lead up, and afterwards, we can provide that too.

Support will always be tailored to suit you.

Group Support

Some people find it easier to quit alongside others, so we are also happy to offer tailored group support.

If you would like to set up a group, let us know. We can work with you to find others in your community who want to quit, or you might already know a few people who would like to all quit together.

Groups can be face to face or online, at a time and location that suits everyone.

