

Other Support Available

Support with stopping smoking is also available through local pharmacies using Nicotine Replacement Therapy (NRT).

You can get support by visiting these pharmacies and enquiring about the Quit Your Way Programme:

Brae Pharmacy	01806 522206
Scalloway Pharmacy	01595 880303
A L Laing Pharmacy	01595 692579
Freefield Pharmacy	01595 693502
Boots	01595692619

At **Quit Your Way Shetland** we accept self-referrals or referrals from health professionals:

LET US HELP YOU

Healthy Shetland Referral Form

Welcome to our referral form.

Please use this form if you are interested in any of the services provided by the Health Improvement Team (known as Healthy Shetland).



QUIT YOUR WAY

with our support



info@healthyshetland.com



01595 743330



@HealthyShetland



@Healthyshetland1



www.healthyshetland.com



Scan for direct link to more information on our webpage

Leaflet developed by
Health Improvement Team

Produced March 2025 / Review due April 2026



Quit Your Way Shetland



A guide to the
Smoking Cessation service
in Shetland

QUIT YOUR WAY

with our support

Patient Information Leaflet

Who we are

The **Quit Your Way Shetland** service provides free, confidential advice and support to anyone in Shetland who would like to QUIT smoking.

Our friendly advisors can help you increase your chances of success in quitting smoking, alongside supporting your lifestyle changes.

What we offer

Quit Your Way Shetland can offer confidential appointments with one of our trained smoking cessation advisors. Quitting smoking is a challenge, but we are here to help you find your way to quit.

The service is also here to support you if:

- You are going into hospital for a planned procedure and want to stop smoking.
- You would like help to stop vaping.
- You are pregnant. There's never been a better time to stop smoking than now with our support.



QUIT YOUR WAY
with our support



One-to-one Support

Quit your way is a 12 week programme that involves weekly or fortnightly 1-1 sessions with a trained stop-smoking advisor. We offer sessions:

- In person
- Over the phone
- Video call

Your advisor will provide behavioural support which covers many things including:

- Boosting your motivation and confidence
- Tackling your smoking habits and behaviours
- Finding ways to cope during difficult times
- Maintaining your quit long-term

We also offer carbon monoxide monitoring which is a useful tool to measure the changes of this toxin in your body as you reduce tobacco intake and become smoke-free.



Nicotine Replacement Therapy

Nicotine Replacement Therapy (NRT) can also help you to QUIT smoking by replacing cigarettes, cigars, pipes or vapes. The NRT we provide is a clean, and safe way, to manage nicotine addiction.

NRT is available FREE both over the counter at your local pharmacy (without behavioural support) or on prescription from your GP.

NRT works by releasing small amounts of nicotine, which is slowly absorbed into the body and can help to manage cravings.

NRT Products

Nicotine Patches	24hr/21mg, 14mg, 7mg
Nicotone Lozenges	1mg, 2mg and 4mg
Nicotine Inhalator	15mg cartridges
Nicotine Gum	2mg and 4mg
Mouth spray	1mg

There are also non-nicotine medications available on prescription that can reduce cravings called Varenicline and Bupropion (Zyban). Ask your smoking cessation advisor or GP for more information.

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