

SMOKE-FREE SERVICE NHS HIGHLAND

30 SECONDS TO SAVE A LIFE

Raising the issue of smoking (or vaping) with ALL CLIENTS at an appropriate opportunity

ASK - If they smoke or vape and WISH TO QUIT, sow the seed

ADVICE - Signpost to Smoke-Free Service and explain that getting support is the most effective way to quit

ACT - Offer to make the referral OR give self-referral info, below

GIVE ENCOURAGEMENT AND MOVE ON

REFER BY:

- PHONE: Highland Smoke-Free Service: 01463 704619
- EMAIL: nhsh.stopsmoking@nhs.scot
- WEB: smokefreehighland.co.uk (simple online form)

FURTHER INFO ON QUITTING: nhsinform.scot/campaigns/quit-your-way-scotland