

# Smoke Free Service

Free yourself from cigarettes, tobacco & vapes

If you are seeking support to help you quit or cut-down to quit, please contact our local service.

Call 01463 704 619



Or self-refer online at:  
[www.smokefreehighland.co.uk](http://www.smokefreehighland.co.uk)

**QUIT  
YOUR  
WAY**  
with our  
support

**NHS**  
Highland  
na Gàidhealtachd

