

**QUIT
YOUR
WAY**
with our
support

NHS
Highland
na Gàidhealtachd

SMOKE-FREE HIGHLAND

The NHS Highland Smoke-Free team supports people age 12+ to quit **smoking tobacco and vaping**.

We provide person-centred support for a flexible time period, around 12 weeks.

People are 3 times more likely to quit for good with our support than quitting alone.

HOW TO REFER



ONLINE

www.smokefreehighland.scot.nhs.uk/contact

Self or health professional referrals



EMAIL

nhsh.stopsmoking@nhs.scot



PHONE

01463 704 619

No Smoking Day

ash
scotland
Leading Action on Smoking and Health

Note to self

I can stop
smoking and stay
stopped!



#NSD25

NO SMOKING DAY, 12TH MARCH 2025

No Smoking Day is taking place on Wednesday 12 March 2025 and we are asking people to join in our campaign highlighting the benefits that can be gained by quitting smoking.

The theme is 'Quit and Win' and we are encouraging people who smoke to quit and win with their physical health, mental wellbeing and personal finances when they leave tobacco behind.

Asking patients of all ages at every suitable opportunity if they smoke or vape and wish to quit is good practice.

Find more information and download resources here;

www.smokefreehighland.scot.nhs.uk/professionals-area/

Smoking and pregnancy

We have two specialist Smoking Cessation Midwives, Lorna MacKenzie & Cat Clark, who co-ordinate the stop smoking service for pregnant women and their partners/family members.

In 2023 12.2% of women booking in NHS Highland reported being current smokers – higher than the Scottish rate of 11%.

Tobacco dependency remains the single biggest modifiable cause of harm in pregnancy, increasing the risk of preterm birth by 27%, neonatal death by 30%, stillbirth by 36% and fetal growth restriction by 50%.

Our attitude is so important – pregnant women expect to be asked about their smoking. If we place importance on stopping then they will too.

Nicotine is metabolized 50-60% faster during pregnancy.

Nicotine replacement therapy (NRT) can be very useful for women trying to quit and often two types are used in conjunction, a patch and an intermittent method. NRT patches should be worn for only 16 hours during the day (removing at night reduces foetal exposure to nicotine).

It is important that women stop smoking completely during pregnancy. **There is NO safe level of smoking in pregnancy, the advice is to quit.**

- Read [good practice guidelines](#) and [more info](#) on NHS Highland website
- Contact Lorna & Cat at: nhsh.smokingcessation.north@nhs.scot

Smoking & vaping cessation training

Training for GPs (all staff)

- Covers conditions & medications adversely affected by smoking, range of Stop Smoking Medications, vapes - benefits & drawbacks, value of Brief Interventions, how to refer to service, importance of quitting in pregnancy
- 60 mins in-person or online

Training for community pharmacies (all staff)

- Covers the above plus Shared Care, PCR and data reporting
- 60-90 mins in-person or online

Book at: nhsh.stopsmoking@nhs.scot

Smoking & mental health training

Aimed at staff & volunteers supporting people with mental health issues. It looks at the links between smoking and mental health, including how smoking impacts medications, and how you can support those you work with.

- [Check dates on Turas](#)

