

**QUIT
YOUR
WAY**
with our
support

NHS
Highland
na Gàidhealtachd

It's

STOPTOBER!

Want to quit smoking or vaping?

**FREE support and
medications available
with Smoke-Free Highland**

**We have face-to-face clinics
throughout the NHS Highland area,
from **Lochgilphead** to **Wick**...**

**improve
your
health**

**save
money**

...and it's your choice of support...



in-person
where available



phone



video call

Self-refer today!

By phone **01463 704619 or online
smokefreehighland.scot.nhs.uk**

