

# Health & Wellbeing

## NATIONAL NO SMOKING DAY

WEDNESDAY 13 MARCH 2019

This year NHS Scotland have launched a **NATIONAL NO SMOKING DAY** campaign that asks you to:

- Pick your way
- #TellUsYourWay
- Quit Your Way!



### PICK YOUR WAY

Everyone's different, which means the way you quit smoking needs to be **YOUR** choice!!

It's all about working out what's right for **YOU** to increase your chances of quitting for good.

### TELL US YOUR WAY

Use the hashtag **#TellUsYourWay** to post on Facebook, Instagram and Twitter and make a statement about how you're going to quit smoking

Already quit? Help others by sharing what worked for you

### QUIT YOUR WAY!

Decide on your quit date and go for it!!

If you need more information or help, contact their trained advisers who can give expert advice  
*(contact details below)*

For helpful information on how to quit smoking, go to:

<https://www.nhsinform.scot/healthy-living/stopping-smoking#how-to-stop>

For 10 self-help tips to help you stop smoking, go to:

<https://www.nhs.uk/live-well/quit-smoking/10-self-help-tips-to-stop-smoking/>

Alternatively, call the **NHS Smokefree helpline** on **0300 123 1044**. The helpline is open Monday to Friday 9am to 8pm and Saturday and Sunday 11am to 4pm.