

**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](https://smokefreehighland.scot.nhs.uk)**

