

Patient Resources: Smoking Cessation

Quit Your Way Scotland

Web: www.nhsinform.scot/care-support-and-rights/nhs-services/helplines/quit-your-way-scotland
Tel: 0800 7839 132

Quit Your Way Scotland is the smoking prevention and cessation service covering all of Scotland.

Quit Your Way Scotland provides a wide range of support systems to help people who want to stop smoking, or help them make the right decision about not starting. These include:

- individual support;
- group support;
- telephone support;
- information and advice; and
- access to treatments including Nicotine Replacement Therapy (NRT) and Varenicline (Champix).

Local Pharmacies

Smoking cessation support is also available from all local community pharmacies across Lanarkshire. This option is best suited to someone who is motivated to set a quit date and stop smoking. No appointment is required for using this scheme.

The pharmacies can supply a course of Nicotine Replacement Therapy (NRT) for 12 weeks. Majority of pharmacies can also supply varenicline as an alternative smoking cessation product after completion of a risk assessment. Participants to the scheme will be encouraged to attend the pharmacy each week and will be supported by either the pharmacist or a trained member of the pharmacy staff.

Apps

- **LiveStrong My Quite Coach** **Free**
This app acts as your virtual coach – developing a personalised plan for quitting. You can choose to either quit cold turkey or gradually taper off your nicotine intake at a pace that suits you.
- **Smoke Free – Stop Smoking Now** **Free**
This app uses over 20 different evidence-based techniques to help you go smoke-free. All data logged is used for research to better understand the science behind quitting, although it is collected anonymously.
- **Quit Genius** **Free**
This app uses Cognitive Behavioural Therapy (CBT) to support people wanting to quit. The 4-step programme guides users on a journey to better understand their relationship with smoking, so you have everything you need before your 'quit date'.