

# Quit Your Way Orkney Smoking Cessation Service

**QUIT  
YOUR  
WAY**  
with our  
support



Photo- Akmal Hakim

**Do you know about the Quit Your Way Orkney smoking cessation service and how to refer in to us?**

Quit Your Way Orkney is a specialist service which aims to support those who want to stop smoking to quit in a way that suits them. Our service offers remote appointments via telephone or video call (using Near Me).

## How to get in touch:



### Free Phone

0800 0356344  
(Public Health  
Department)



### Online

Search 'Quit Your Way Orkney' on NHS Inform then select 'Click to be Contacted'



### Referral Form

Available from NHS Orkney - (Public Health Department)



### Email

[ORK.quityourway@nhs.scot](mailto:ORK.quityourway@nhs.scot)

# How the Quit Your Way service works

On receipt of a referral we provide information on how the service works and the treatment options and support available. This way the individual can make an informed choice as to whether the service is for them.

## The 12 week programme consists of:

- Planning for and setting a future quit date
- Free access to a range of smoking cessation medication
- Regular contact with a smoking cessation officer for advice and support around medication and behaviour change
- CO monitoring, to demonstrate progress over time, as CO levels reduce to that of a non-smoker



Photo- Akmal Hakim  
Self Referral

## The details we require are:

- Name
- Address
- Date of Birth
- GP practice

*ORK.quityourway@nhs.scot Tel: 0800 0356344*

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