

# Quit Your Way Orkney Smoking Cessation Service



Photo- Akmal Hakim

Quit Your Way Orkney is a specialist service which provides support and advice to 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 make a referral



### 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)

# The referral details we require are:

- Name of referring organisation
- Name, DOB, Address, Telephone number, GP details of the individual who is being referred

## How Quit Your Way Orkney 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 adviser for support and advice around medication and behaviour change



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Organisations

If you require this or any other NHS Orkney publication in an alternative format (large print or computer disk for example) or in another language, please contact the Public Health Department:  
Telephone: 0800 0356344 or Email: [ORK.publichealth@nhs.scot](mailto:ORK.publichealth@nhs.scot)

**QUIT  
YOUR  
WAY**  
with our  
support