

<LOCAL ORGANISATION> says “#TellUsYourWay” to stop smoking

Date:

Embargo: For immediate use

No Smoking Day is the national day which celebrates the success of people who have stopped smoking, and encourage those still smoking to give up for good. For this year's national No Smoking Day we're asking you to #TellUsYourWay of how you stopped smoking! With No Smoking Day coming up on 14 March, <LOCAL ORGANISATION> is taking the opportunity to spread the word.

<LOCAL COMMENTER> from <LOCAL ORGANISATION> said:

“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. It'll only take a few days before you start to notice the effects – you'll breathe easier and find physical activity less strenuous after just three days.

“We've signed up to support No Smoking Day because we want to hear from people in <LOCAL AREA> about how they stopped smoking, and to use those examples to encourage others who want to quit to give it a go.”

Sheila Duffy, Chief Executive of ASH Scotland, said:

“Stopping smoking isn't always easy, but the good news is that there's more free support available than ever. You can pop into a pharmacy for local, expert advice, or call Quit Your Way Scotland seven days a week for proven help to quit.

“Use our hashtag #TellUsYourWay to post on Facebook, Instagram or Twitter and make a statement about how you quit smoking. We want to hear your stories and pictures of how you quit – we're looking to share your experiences and encourage others to quit their way.”

“You can also use No Smoking Day as your day to quit - tell your friends and family that you've chosen to stop smoking and how you're going to do it. Letting other people know your plans helps you commit to quitting and helps your friends and family to support and motivate you.”

NHS stop-smoking services in <AREA NAME> are supporting No Smoking Day. If you want to quit, call Quit Your Way Scotland on 0800 84 84 84 for free, expert advice and help, however you want it. Lines are open Monday to Friday, 8AM to 10PM, and Saturday and Sunday, 9AM to 5PM.

Ends