



**MEATH**

**YOU CAN**

**QUIT**



## Get the support you need to quit for good.

The Meath Stop Smoking Service is a FREE, friendly and supportive service for people in community who want to quit smoking.

The service offers FREE weekly support on your quit journey from an HSE stop smoking advisor.

You are 5 times more likely to quit for good with our help.

For more information on quitting smoking check out [QUIT.ie](http://QUIT.ie)

**When:** Now open for registration and referrals

**How:** In person, phone and video call appointments available.

**Contact:** Claire 087 452 8454 or Kate 087 451 2808

