



Smokeline

Call free on 0800 84 84 84 or chat online

7 days a week: 8am - 10pm

Smoking, It's Not Worth It! (Tayside Smoke Free Services)

What this service offers

The Tayside Smokeline provides advice and support to those wishing to stop smoking. The services can provide advice on how to stop smoking and will discuss Nicotine Replacement Therapy (NRT) and other stop smoking products. This service will signpost into all community pharmacies across Tayside. There is also a hospital service available for all in-patients and out-patients. Support is also available for young people.

How to contact the service

You can self-refer to this service by telephoning the Tayside Smokeline.

The Tayside Smokeline is staffed Monday to Friday 9am – 5pm. An answer machine is available out with these hours

Times and locations of sessions may vary – for details please call:

Tayside Smokeline on 0845 600 999 6



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