

# Hibs behind initiative designed to help smokers quit



Hibs are teaming up with the Scottish Government and NHS Scotland by showing support for a new campaign to assist individuals looking to quit smoking.

Smokers considering quitting smoking are being urged to get support through the first 72 hours, and beyond, as part of a new Scottish Government drive.

The campaign highlights that for some, the first 72 hours of quitting can be tough as the body starts to crave nicotine, however with the right support, people are twice as likely to quit for good.

With one in five smokers currently trying to stop, the campaign signposts the free help and advice offered by Scotland's Quit Your Way service.

Run by NHS 24, the service provides tailored advice to those who are thinking about quitting, either over the phone or

online.

Brett McGoldrick, Sponsorship Manager at Hibernian FC, said: "As a Club we are fully behind the Scottish Government's campaign and want to help communicate to our fanbase and beyond that there is a wide range of support available to those looking to quit smoking."

For more information and to find your way to quit visit [quityourway.scot](http://quityourway.scot)