



IDA-TALLINNA KESKHAIGLA

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## Counselling for smoking cessation

Smoking is one of the leading causes of lung cancer. People living with smokers are also much more likely to develop lung cancer. We run a smoke-free hospital. We choose non-smoking; we recognise non-smokers and protect them from the risks of passive smoking.

You can seek counselling for smoking cessation if you wish to quit smoking. The service is free of charge and aimed at adults. You do not need a referral to see a counsellor. During the appointment, your level of nicotine dependence will be assessed on the Fagerström scale and we will prepare a personalised cessation and treatment plan. We also provide guidance and support on lifestyle changes and in assessing your results. Call [666 1900](tel:6661900) to register for an appointment.