

# QUIT

Here to help, call us

1800 201 203

visit [www.quit.ie](http://www.quit.ie)

QUIT

**Face to Face:** visit [quit.ie/clinics](http://quit.ie/clinics)

**Text Us:** Freetext QUIT to 50100

**Email Us:** [support@quit.ie](mailto:support@quit.ie)

**Facebook Us:** [facebook.com/HSEQuit](https://facebook.com/HSEQuit)

**Tweet Us:** @HSEQuitTeam



# This is a tobacco and e-cigarette free site

We ask that you don't  
smoke or vape here.

Support us to build a better health service

