



# Useful Contacts

## HSE Quit Team

- Freephone 1800 201 203 for telephone support

Monday to Thursday: 10am - 7pm

Friday: 10am - 5pm

Saturday: 10am - 1pm

- Website [QUIT.ie](http://QUIT.ie)

- Clinic Locator [quit.ie/I-Want-to-Quit/Support-Services](http://quit.ie/I-Want-to-Quit/Support-Services)

HSE Smoking Cessation Services provide specialist support to help you quit in community or health service settings.

Check this link to find your local smoking cessation service or to make an individual appointment.

- E-mail [support@quit.ie](mailto:support@quit.ie)

- Text Freetext QUIT to 50100

- Tweet @HSEQuitTeam

- Facebook [facebook.com/HSEquit](https://facebook.com/HSEquit)

All Services are available free of charge

