

Are you serious about giving up smoking?

Mind Aberystwyth has a new Stop Smoking Service!

Want to give up smoking but don't know how?

Mind Aberystwyth is offering a free Stop Smoking Service to people who face mental health problems. Join the service and give up smoking in a safe and friendly environment with one-to-one sessions.



Please ask a Staff Member for a Referral Form if you are interested or contact the email address or phone number below.

Mind Aberystwyth
The Mill,
Riverside Terrace,
Mill Street
Aberystwyth
SY23 1JB

www.mindaberystwyth.org.

T: 01970 625 225

stopsmoking@mindaberystwyth.org

Mind Aberystwyth is a registered charity - No.107182



Aberystwyth