

# Are you serious about giving up smoking?

## Mind Carmarthen has a new Stop Smoking Service!

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

Mind Carmarthen 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.

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Carmarthen