

# Are you serious about giving up smoking?

## Mind Pembrokeshire has a new Stop Smoking Service!

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

Mind Pembrokeshire 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 Pembrokeshire,  
The Old Wool Market,  
Quay Street,  
Haverfordwest,  
Pembrokeshire,  
SA61 1BG

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stopsmokingpembsmind@hotmail.com



Pembrokeshire  
Sir Benfro