



The **Quit** Fix

Your Quit Fix Guide To A Smoke-Free Life

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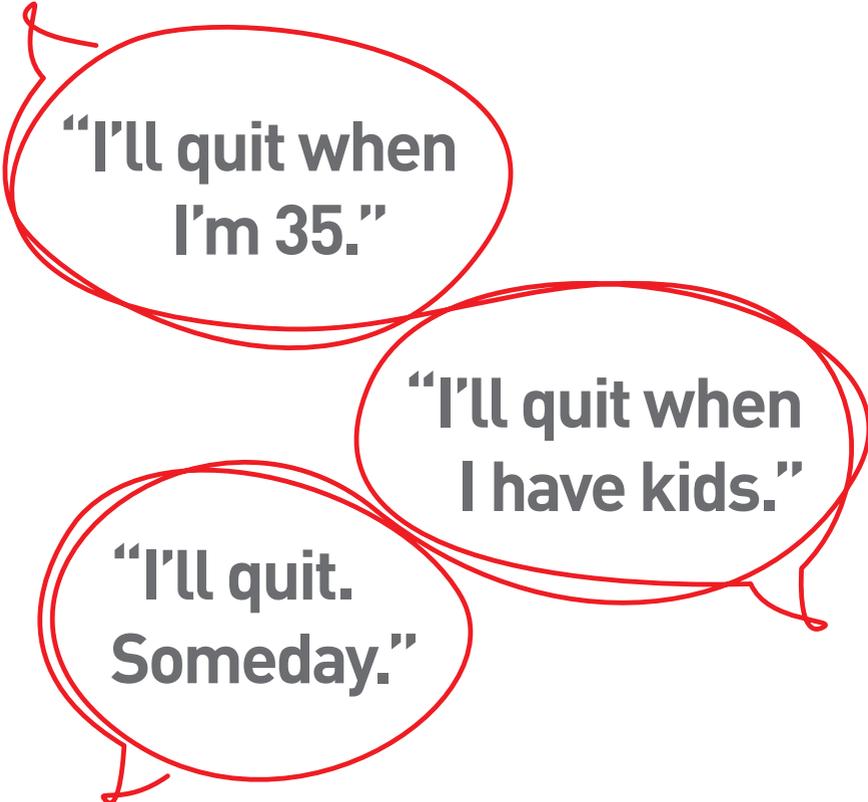
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We Are Here For You.





**“I’ll quit when
I’m 35.”**

**“I’ll quit when
I have kids.”**

**“I’ll quit.
Someday.”**

Chances are, you’ve said at least one of these lines when asked. While some people call them excuses, we prefer to think of them as your first step towards a smoke-free life.

Why?

Because these thoughts show that you can envision yourself quitting and that you don’t see yourself smoking for the rest of your life.

Just thinking about quitting is the first most important step.

So why wait until you’re 35 before you stop smoking?
Or when you have kids?
Or someday?

Go through the following pages and you, too, can learn to quit.

Now.



It's not impossible to quit.

Quitting can be a simple matter of pushing the right motivational buttons. But before anything else, you'll need to understand why you smoke.

Consider these 3 main reasons:

IT'S IN YOUR MIND

Bored? Smoke. Stressed? Smoke. Unhappy? Another reason to smoke. Happy? It's the best time to smoke!

It's very easy to find yourself an excuse to smoke.

IT'S A HABIT

You feel that something is amiss without a stick after every meal or at certain points during the day. That's because smoking has become a habit you've associated with certain places, activities or even certain people.

IT'S AN ADDICTION

How can something that feels so good be so bad for you? Blame it on the nicotine found inside every cigarette stick. Studies have shown that this chemical can be as addictive as heroin or cocaine.

What motivates you to smoke?

Tick the sentences that apply to you:

I can't last half a day without smoking.

I sometimes find myself smoking but can't remember lighting up.

I smoke to be more awake and think better.

I need to smoke after every few hours.

I enjoy the process of lighting up a cigarette, e.g. tapping the cigarette and flicking the lighter.

I think smoking is really enjoyable.

I need a cigarette as soon as I wake up in the morning.

I enjoy smoking during my break or after a meal.

I smoke when I'm angry or upset.

I feel weak if I don't smoke.

I am less stressed after I have smoked.

I feel uncomfortable without a cigarette in my hand.

Please turn over to identify what type of smoker you are.



What type of smoker are you?

Tabulate your score by adding the ticks for each symbol and filling it in below to find out why you smoke. Knowing why you smoke will make it easier for you to quit successfully.

You may find yourself with similar scores for each – that's normal. The highest score shows the main reason why you continue to smoke. Focus on dealing with this first.



IT'S AN ADDICTION

This explains your need to smoke throughout the day as your body craves the nicotine in cigarettes.



IT'S ALL IN YOUR MIND

You need to smoke to perk yourself up or when you are stressed. The truth is – you only need to smoke because you think you do.



IT'S A HABIT

You have associated certain activities with smoking and it just "doesn't feel right" when you don't.





Yes, you can quit.



Fact:
**The benefits of quitting
can be felt overnight.**

All it takes is 8 hours for the effects of the healing process to be felt. Even better, the benefits continue for years after your last cigarette.

WITHIN 8 HOURS

- Carbon monoxide level in your body drops
- Oxygen level in your blood increases to normal

WITHIN 48 HOURS

- Your chances of a heart attack decrease
- Senses of smell and taste improve

WITHIN 3 DAYS

- Breathing is easier as your bronchial tubes relax
- You feel more energised

WITHIN 3 MONTHS

- Blood circulation improves
- For men, sperm quality returns to normal
- For women, fertility improves
- Walking and aerobic exercises become easier

WITHIN 6 MONTHS

- Say goodbye to coughing, sinus congestion, tiredness and shortness of breath

WITHIN 1 YEAR

- Risk of smoking-related heart attack is reduced by 50%

WITHIN 5 YEARS

- Risk of mouth, throat and esophageal cancer is halved

WITHIN 10 YEARS

- Risk of lung cancer is reduced by 50%
- Risk of bladder, kidney and pancreatic cancers also decreases

WITHIN 15 YEARS

- Risk of heart attack and stroke is equal to a person who has never smoked

What motivates you to quit?

Now that you know why you smoke, let's take a look at reasons why you shouldn't.

QUIT FOR THE MONEY

Here's a quick way to find out how much you can save when you quit.

Expenditure on cigarettes in:

1 week : \$ _____ weekly

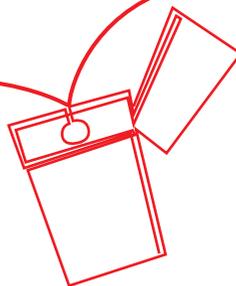
1 year : \$ _____ yearly

3 years : \$ _____

4 years : \$ _____

Quite a lot, yes?

* Multiply your weekly spending by 52 to know how much you spend in 1 year.



QUIT AND BE HAPPY

Quitting smoking actually improves your mood and mental well-being. This is because the lowered nicotine level in your body actually makes you less stressed.

Simply put, you don't need cigarettes to make you feel good. You just need to quit.

QUIT TO ENJOY LIFE

Show off a newfound sense of self-discipline and confidence. Also say goodbye to that cigarette stench in your house, on your clothes and on your breath. No more missing out on time with family and friends when you disappear for smoke breaks.

You can enjoy all these and more simply by quitting smoking.

Are you ready to quit?



You know you've thought about it, so why delay? Today's a good time as any to kick the smoking habit!

Let's begin with your motivations. List down your top reasons for quitting smoking in the space below. Be really honest with yourself.

IQUIT

Because

Well done! That wasn't so difficult at all. In fact, just listing down your reasons on paper and reminding yourself of the reasons to quit, have increased your chances of quitting successfully.

Let's recap:

- You've considered quitting
- You know why you smoke
- You've listed reasons why you should quit

On a scale of 1 to 10, how motivated are you at this moment?

Not motivated at all ← 1 2 3 4 5 6 7 8 9 10 → **100% motivated**

If you were to stop smoking now, how confident are you of quitting successfully?

Not confident at all ← 1 2 3 4 5 6 7 8 9 10 → **100% confident**

Honesty is the best policy.

How high (or low) did you rate yourself on the motivational and confidence scales? Be truthful because quitting smoking is going to require your total commitment.

Still think you're not ready to stop lighting up? This should help: Use the table below to list your likes and dislikes about smoking and quitting.

	LIKE	DISLIKE
SMOKING		
QUITTING SMOKING		



If you've found strong reasons to quit smoking and feel ready to make the commitment, read on!

If you aren't ready yet, think about it some more. Talk to a friend or loved one. You can also call QuitLine at **1800-438-2000** for some professional support, advice or counselling or refer to page 21 for other quit smoking services.

You are not alone.

You don't have to quit alone. Various forms of support are available to increase your chances of quitting successfully.

A Quit Consultant or doctor can help you understand your smoking habits and advise you on the use of pharmacotherapy - the use of drugs to treat your addiction - such as nicotine replacement therapy and prescription drugs (page 10).



Below are some common quit methods. You can always speak to a Quit Consultant to help you select the best quit method for yourself.

COLD TURKEY *HIGHLY RECOMMENDED*

Pick a date and stop smoking completely from that day onwards. Sounds difficult? Many smokers have successfully quit using this method, so it's a definite must-try!

If you are unsuccessful with Cold Turkey, try these:

COUNT DOWN

Reduce the number of cigarettes day by day, or even week by week. Aim to reach '0' by a fixed time. Use a record sheet to monitor your progress.

DELAYING

You know how you like to put off work till the last minute? This quit method uses the same principle, except you're putting off your next puff. Postpone your cigarette break by an hour or more and progress towards being smoke-free for a whole day. Done correctly, you could be nicotine-free in a week!

Day One : 8am	Day Five : 6pm
Day Two : 9am	Day Six : 11pm
Day three : 11am	Day Seven : Quit
Day Four : 2pm	

Pharmacotherapy, together with support from the Quit Consultants, can more than double your chances of quitting successfully.

Your doctor or a Quit Consultant can help you further understand your smoking habits and advise you on the right medicine you'll need to treat your addiction.

To help fit your hectic lifestyle and needs, a variety of formats are currently available.

NON-PRESCRIPTION DRUGS

Nicotine replacement therapy (NRT) is a prime consideration. It works by releasing small amounts of nicotine into your body to reduce your craving for cigarettes while allowing your body to slowly cut down the chemical dependence. NRT is most beneficial for heavy smokers who are addicted (smoke more than 15 cigarettes a day).

You can get nicotine patches, gum, lozenges and inhalers from pharmacies without a prescription. As different people would require different doses, what worked for your friend might not work for you. So ask your family doctor or pharmacist for more information.



PRESCRIPTION DRUGS

These drugs do not contain nicotine but can help reduce your cravings and withdrawal symptoms. There are two types:

- Varenicline tablets
- Bupropion Hydrochloride tablets

Consult your doctor to find out what suits you best.



Once you've decided on a quit method and the types of support you will need, pick a day to quit. Consult your schedule and choose a less stressful period. This will make it easier to cope with the nicotine withdrawal symptoms.

When you know you are ready, fill up the date in the pledge below.

My I QUIT Pledge

With the help of my family, friends and Quit Consultants,
I pledge to quit smoking today:

(DATE)

A WEEK BEFORE YOUR 'QUIT DAY'

- Decide on your quit method (page 9)
- Talk to a Quit Consultant and decide if pharmacotherapy is required (pages 10 and 18)
- Recall your top 3 reasons for quitting (page 7)

A DAY BEFORE YOUR 'QUIT DAY'

- Throw away all ashtrays, lighters and cigarettes
- Train your mind to say 'NO' to cigarettes and tell yourself you can do it
- Rally your friends and loved ones to help you (page 14)

ON 'QUIT DAY'

- Stop smoking completely
- Remind yourself of your reasons to quit whenever you are tempted to light a cigarette
- Call your support buddies or the QuitLine whenever you need support and encouragement

The Game Plan



You know when you'll quit. Now all you need are ways to cope and defeat the urge to smoke when they come. Depending on why you smoke (determined on pages 3 and 4), here are some suggested activities.

IF IT'S AN ADDICTION...

- Spend more of your time in places where smoking is banned. Watch a movie at a cineplex, go window shopping in air-con malls or catch up on your reading at the library.
- Stay away from smokers and smoke-filled places.
- Consult your pharmacist or doctor on pharmacotherapy.

IF IT'S ALL IN YOUR MIND...

- Instead of smoking to relieve stress or boredom, take up a sport and enjoy your newfound stamina.
- Try alternative ways to cope with stress, such as deep breathing exercises and other relaxation techniques.
- Treat yourself with the savings from cigarettes and take up that new hobby you've always wanted to, such as painting or cooking.

IF IT'S A HABIT...

- Change your daily routine. Need a cigarette with coffee? Drink orange juice instead. Enjoy a cigarette after meals? Dine with non-smokers.
- Keep your hands occupied with something else, such as surfing the web or playing a game. For the more adventurous, try doing household chores.
- Keep your mouth busy with healthy snacks that are low-calorie like fruits.

Plan ahead and use this table to work out how you can handle cravings more effectively. List down the times you smoke and come up with your own strategies to combat the urges.

When do I have the urge to smoke?	Activity	Feelings	How can I fight the urge?
7am	Getting out of bed	Tired	Do stretching exercises
10am	Preparing presentation	Stressed	Relax with deep breathing exercises
1pm	Lunch	Relaxed	Eat at smoke-free places/ Eat with non-smoking colleagues

You are not alone.

Forge alliances to win your battle against smoking. You already know support from your Quit Consultants can help you succeed. Don't forget to share your decision to quit with your family and friends. If they are smokers, ask them to respect your decision to quit smoking. Their support can make all the difference.

List the people you will ask to buddy up with you and support your effort:



MY QUIT BUDDY

Appoint a comrade-in-arms. Ask a fellow smoker who has pledged to quit together with you. Face the challenges together and share the success.

(NAME)

MY ESCORT BUDDY

Ask someone to accompany you to non-smoking places. This reduces the temptation to smoke, especially during the first few weeks of quitting.

(NAME)

MY GOOD BUDDY

A good friend who will be patient and understanding even when you're feeling irritable and moody due to nicotine withdrawal.

(NAME)

MY MOTIVATIONAL BUDDY

He or she can offer constant encouragement, be it a phone call, SMS or email to keep you motivated.

(NAME)

MY ACTIVITIES BUDDY

Take up activities together that can help you relieve stress and keep your mind off cigarettes.

(NAME)

When the going gets tough...



Experiencing withdrawal symptoms is actually a good thing. Common during the first few weeks of quitting, withdrawal symptoms are positive signs that your body is recovering.

Read on for tips on how to cope. And whatever you do, be strong!

CONSTANT CRAVINGS

As your body clears out the nicotine, you will feel a strong urge to replenish it, thanks to its addictiveness.

Follow the 4Ds:

- Distract yourself by doing something else
- Delay lighting up
- Deep breathing exercises
- Drink a glass of water or milk slowly

FEELING IRRITABLE

Your brain is adjusting to a nicotine-free life.

- Do relaxation exercises
- Listen to soothing music
- Catch a movie (ideally comedies)
- Warn family and friends of potential irritability
- Do light exercises like brisk walking. This releases endorphins to lift your mood.
- Take a whiff of peppermint oil or drink peppermint tea to calm nerves

HAVING HEADACHES

Your brain is most likely adapting to the increased level of oxygen.

- Get enough sleep
- Stay in quiet, relaxed surroundings
- Go easy on your eyes. Read and watch TV with adequate lighting.

FEELING TIRED

Nicotine is a stimulant that forces your body to feel awake. As your blood circulation improves, you will feel fresh without the need to smoke.

- Get enough sleep
- Don't tire yourself out
- Do light exercises like brisk walking
- Take small, regular meals to regulate your blood sugar level and boost your energy
- Replace coffee with ginger or herbal tea to perk up

COUGHING

Your lungs start to function properly again and are working to clear tar, dead cells and extra mucus accumulated from the cigarettes.

- Sip warm water
- Suck on sugar-free cough drops



TINGLING HANDS AND FEET

This is a sign that your blood circulation is slowly improving and more oxygen is getting to your fingers and toes. This will stop when your body adapts to the improved circulation.

- Go for hand and foot massages
- Distract yourself with a walk or novel
- Do stretching exercises or yoga

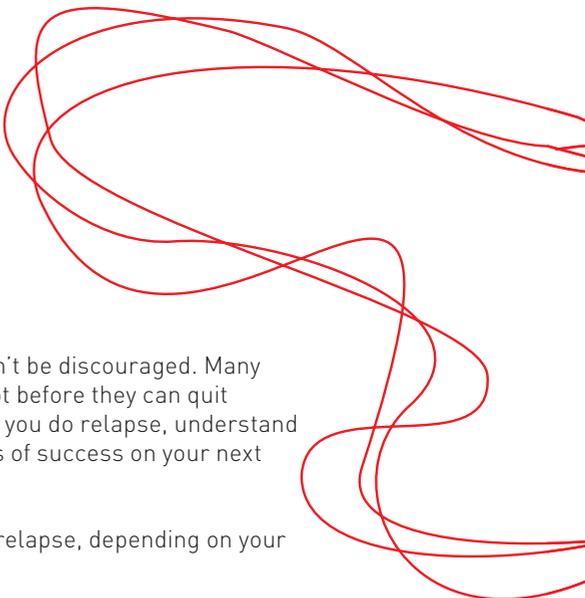


HEAVIER WALLET

A very good sign that you are saving more of your money.

- Save up for that item you've been eyeing

If some of the symptoms become a little too much to bear, you may want to consider using pharmacotherapy (see page 10) to reduce the cravings. Consult your pharmacist or doctor for help on how to reduce the withdrawal symptoms.



Relapse alert!

Slip ups can and do happen but don't be discouraged. Many people need more than one attempt before they can quit successfully so don't stop trying. If you do relapse, understand the cause to increase your chances of success on your next quit attempt.

Here are the common causes of a relapse, depending on your motivations for smoking:

IT'S AN ADDICTION

You may require a different dose or form of pharmacotherapy. Ask your pharmacist or doctor to re-evaluate your medication.

IT'S ALL IN YOUR MIND

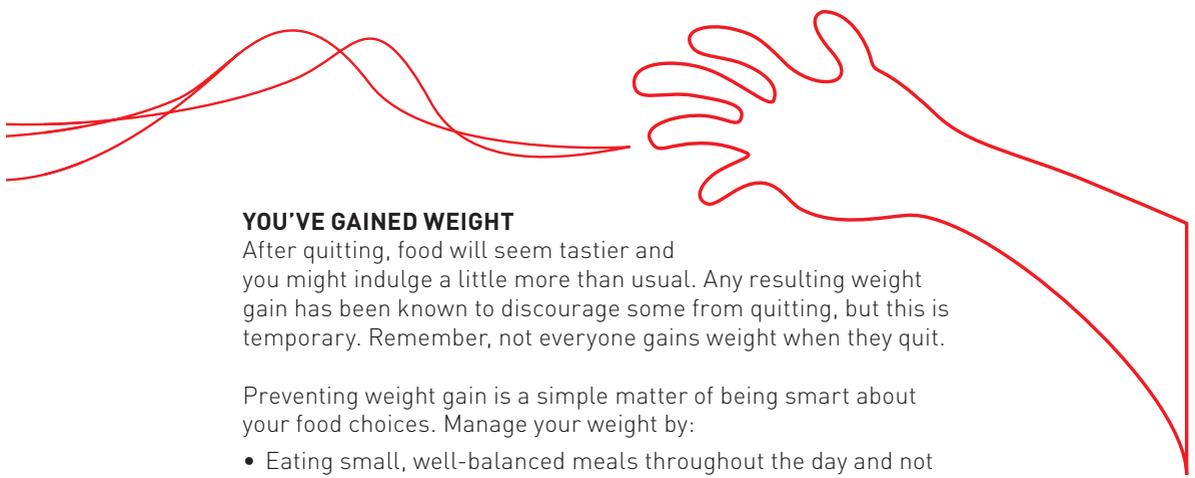
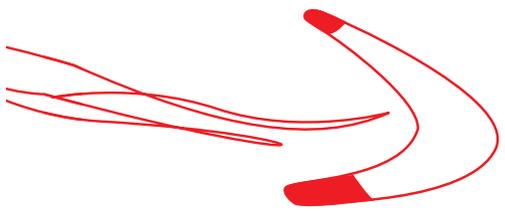
It's not the amount of stress but how you handle it. Some healthy ways to manage stress include:

- Relaxation exercises and yoga
- Listening to your favourite music
- Pampering yourself with a hand, back and shoulder massage
- Relaxing with a soothing cup of warm herbal tea

IT'S A HABIT

Stay away from temptation; those situations where you'll feel tempted to smoke, such as after a meal or with smoking friends. Try to surround yourself with positive people who will help you quit.

Revisit page 13 to help you identify danger points and coping strategies. You can also talk to your friendly Quit Consultants from QuitLine at **1800-438-2000** to get additional support.



YOU'VE GAINED WEIGHT

After quitting, food will seem tastier and you might indulge a little more than usual. Any resulting weight gain has been known to discourage some from quitting, but this is temporary. Remember, not everyone gains weight when they quit.

Preventing weight gain is a simple matter of being smart about your food choices. Manage your weight by:

- Eating small, well-balanced meals throughout the day and not skipping meals.
- Replacing high-fat and sugar-rich snacks with low-calorie options such as fresh fruit or crunchy vegetables.
- Drinking at least 8 glasses of water daily.
- Increasing your physical activity. Just 30 minutes a day for five or more days a week can do wonders. Plus, exercise helps release endorphins (happiness-inducing hormones) which keeps your spirits up.

WARNING: ONE CIGARETTE IS ALL YOU NEED TO GET HOOKED AGAIN.

Motivate yourself with these quit stories from other quitters

I could do so much more with the money saved. Based on some simple calculations, assuming 1 packet of cigarettes is \$11.80 and if I smoke 2 boxes a week, I would have spent \$23.60 on smoking in a week.

With 52 weeks in a year, I would have spent a whopping total of \$1,227.20 in a year, which could have bought me a ticket to Europe!

Joanna Koh, 25

'When I smoke, I don't feel clean and I don't smell good. Not smoking translates into a healthy, clean and fit me.

Being an athlete and sportsman, it was just not in line with the spirit of sports to smoke.'

Nazir Bin Abdul Hamid, 39

'I smoked regularly for 12 years, through college, national service and the first 5 years of work.

In July 2005, I got married and I quit because I wanted to prepare myself for a new phase in life, possibly involving kids. I had a ceremonial last cigarette on July 7th 2005. I've been smoke-free ever since and now I have 2 lovely daughters who can look up to me as a role model.'

Louis Lam, 35

'Smoking has taken a toll on my health after 40 years. My wife has been the pillar to my success in my quit journey.'

Yusoff, 56



Pledge your commitment to be smoke-free. Let us know how 'The Quit Fix' has helped you to quit at www.facebook.com/iquitclub

We are here for you.



We have a range of services to help you in your quit journey.

Because we know it is not easy to quit, support services are available at primary healthcare settings, various non-governmental organisations and retail pharmacy chains.

In addition, HPB manages QuitLine which is staffed by trained Quit Consultants who provide personalised support and advice on quitting smoking.

Further help is available online at www.hpb.gov.sg/iquit

Quit Smoking Services

By appointment only

Quit Smoking Services	Telephone
Changi General Hospital Department of Pharmacy, 2 Simei Street 3, Singapore 529889	6850 3333
Institute of Mental Health Department of Pharmacy, Buangkok Green Medical Park 10 Buangkok View, Singapore 539747	6389 2077
Jurong Health Services Ng Teng Fong General Hospital 1 Jurong East Street 21, Singapore 609606	6716 2222
Khoo Teck Puat Hospital Department of Pharmacy, 90 Yishun Central, Singapore 768828	6555 8828
National Heart Centre Singapore Level 2 Pharmacy, 5 Hospital Drive, Singapore 169609	6704 8024 / 8025
National Skin Centre 1 Mandalay Road, Singapore 308205	6350 8454
National University Hospital Department of Pharmacy, 5 Lower Kent Ridge Road, Singapore 119074	6772 8686
Singapore Heart Foundation 9 Bishan Place #07-01, Junction 8 Office Tower, Singapore 579837	6354 9370 / 9348
Tan Tock Seng Hospital Clinic 4A, Smoking Cessation Programme, 11 Jalan Tan Tock Seng, Singapore 308433	6889 4343 / 4345
National Healthcare Group Polyclinics	Telephone
Ang Mo Kio Polyclinic Blk 723 Ang Mo Kio Avenue 8 #01-4136, Singapore 560723	6355 3000
Bukit Batok Polyclinic 50 Bukit Batok West Avenue 3, Singapore 659164	
Choa Chu Kang Polyclinic 2 Teck Whye Crescent, Singapore 688846	
Hougang Polyclinic 89 Hougang Avenue 4, Singapore 538829	
Jurong Polyclinic 190 Jurong East Avenue 1, Singapore 609788	
Toa Payoh Polyclinic 2003 Toa Payoh Lorong 8, Singapore 319260	
Woodlands Polyclinic 10 Woodlands Street 31, Singapore 738579	
Yishun Polyclinic 30A Yishun Central, Singapore 768796	

SingHealth Polyclinics	Telephone
Bedok Polyclinic Blk 212 Bedok North Street 1 #03-147, Singapore 460212	6243 6753
Bukit Merah Polyclinic Blk 163 Bukit Merah Central #04-3565, Singapore 150163	6377 5225
Geylang Polyclinic 21 Geylang East Central, Singapore 389707	6547 6930 / 6947
Marine Parade Polyclinic Blk 80 Marine Parade Central #01-792, Singapore 440080	6342 5029 / 5030
Outram Polyclinic 3 Second Hospital Avenue Level 2, Health Promotion Board Building, Singapore 168937	6435 3160
Pasir Ris Polyclinic 1 Pasir Ris Drive 4 #01-11, Singapore 519457	6585 5417
Queenstown Polyclinic 580 Stirling Road, Singapore 148958	6471 9537 / 9538
Sengkang Polyclinic 2 Sengkang Square #01-06, Sengkang Community Hub, Singapore 545025	6315 3500 / 3511
Tampines Polyclinic 1 Tampines Street 41, Singapore 529203	6587 7252 / 6786 4070

Pharmacy-Based Quit Smoking Services

Prior appointment preferred to ensure availability of pharmacist

National Healthcare Group Pharmacies	Telephone
Ang Mo Kio Polyclinic Pharmacy Blk 723 Ang Mo Kio Avenue 8 #01-4136, Singapore 560723	6554 7462
Bukit Batok Polyclinic Pharmacy 50 Bukit Batok West Avenue 3, Singapore 659164	6896 2271
Choa Chu Kang Polyclinic Pharmacy 2 Teck Whye Crescent, Singapore 688846	6765 9663
Clementi Polyclinic Pharmacy Blk 451 Clementi Avenue 3 #02-307, Singapore 120451	6872 7137
Hougang Polyclinic Pharmacy 89 Hougang Avenue 4, Singapore 538829	6489 8078
Jurong Polyclinic Pharmacy 190 Jurong East Avenue 1, Singapore 609788	6665 6467
Toa Payoh Polyclinic Pharmacy 2003 Toa Payoh Lorong 8, Singapore 319260	6354 7330
Woodlands Polyclinic Pharmacy 10 Woodlands Street 31, Singapore 738579	6369 7024
Yishun Polyclinic Pharmacy 30A Yishun Central, Singapore 768796	6757 7794

Guardian Health & Beauty Quit Centres	Telephone
Guardian 313@Somerset 313 Orchard Road #B3-13-16 313@Somerset, Singapore 238895	6634 0991
Guardian Admiralty Place Blk 678A Woodlands Avenue 6 #01-39 Admiralty Place, Singapore 731678	6764 2337
Guardian Ang Mo Kio Central Blk 704 Ang Mo Kio Avenue 8 #01-2559, Singapore 560704	6456 5766 / 3455
Guardian Bedok Central Blk 210 New Upper Changi Road #01-715, Singapore 460210	6444 0072
Guardian Bugis Junction 200 Victoria Street #B1-20/21 Bugis Junction, Singapore 188021	6338 5244
Guardian Causeway Point 1 Woodlands Square #B1-28-30 Causeway Point, Singapore 738099	6894 3014
Guardian Century Square 2 Tampines Central 5 #B1-14/15 Century Square, Singapore 529509	6786 2872
Guardian Chinatown Point 133 New Bridge Road #B1-34 Chinatown Point, Singapore 059413	6543 6242
Guardian Clementi Mall 3155 Commonwealth Avenue West #03-56/60/61 The Clementi Mall, Singapore 129588	6659 9234
Guardian Eastpoint Mall 3 Simei Street 6 #02-01/02/35 Eastpoint Mall, Singapore 528833	6538 2394
Guardian Funan DigitalLife Mall 109 North Bridge Road #01-28/29 Funan DigitalLife Mall, Singapore 179097	6338 3603
Guardian Great World City 1 Kim Seng Promenade #B1-18/19 Great World City, Singapore 237994	6235 4037 / 6836 4905
Guardian HarbourFront Centre 1 Maritime Square #02-111/112 HarbourFront Centre, Singapore 099253	6274 8441
Guardian HeartLand Mall Blk 205 Hougang Street 21 #01-129 Heartland Mall, Singapore 530205	6487 4580
Guardian Holland Road Shopping Centre 211 Holland Avenue #01-10/11 Holland Road Shopping Centre, Singapore 278967	6465 7734
Guardian Hong Leong Building 16 Raffles Quay #01-03 Hong Leong Building, Singapore 048581	6225 7261
Guardian IMM 2 Jurong East Street 21 #01-57 IMM Building, Singapore 609601	6566 7660
Guardian ION Orchard 2 Orchard Turn #B4-02 ION Orchard, Singapore 238801	6884 5956

Guardian Jelita 293 Holland Road #02-10 Cold Storage Jelita, Singapore 278628	6469 0700
Guardian JEM 50 Jurong Gateway Road #B1-16/17 JEM Shopping Centre, Singapore 608549	6694 6042
Guardian Junction 8 9 Bishan Place #B1-08 Bishan Junction 8 Shopping Centre, Singapore 579837	6353 7234
Guardian Jurong Point 63 Jurong West Central 3 #B1-27/28 Jurong Point Shopping Centre, Singapore 648331	6794 0501
Guardian Lot One 21 Choa Chu Kang Avenue 4, #B1-26/27 Lot One Shoppers' Mall, Singapore 689812	6468 6712
Guardian Northpoint 930 Yishun Avenue 2 #B1-01/02 Northpoint Shopping Centre, Singapore 769098	6754 6574
Guardian Novena Square 238 Thomson Road #01-31 Novena Square, Singapore 307683	6252 7019
Guardian Parkway Parade 80 Marine Parade Road #B1-147/149 Parkway Parade, Singapore 449269	6344 2102
Guardian Raffles City 252 North Bridge Road #B1-01 Raffles City, Singapore 179103	6339 2137
Guardian Seletar Mall 33 Sengkang West Avenue #B1-10/11 Seletar Mall, Singapore 797653	6702 7053
Guardian Serangoon Garden 66 Serangoon Garden Way, Singapore 555962	6287 7190
Guardian Serangoon nex 23 Serangoon Central #B1-62/63 nex, Singapore 556083	6634 2189
Guardian Sun Plaza 30 Sembawang Drive #B1-11 Sun Plaza Shopping Centre, Singapore 757713	6257 8939
Guardian Suntec City 3 Temasek Boulevard #02-328/329 Suntec City Mall, Singapore 038983	6238 6439
Guardian Takashimaya 391 Orchard Road #B2-15/23 Takashimaya Shopping Centre, Singapore 238872	6836 9382
Guardian Thomson Plaza 301 Upper Thomson Road #01-24/25 Thomson Plaza, Singapore 574408	6458 9896
Guardian Toa Payoh Blk 190 Toa Payoh Lorong 6 #01-578, Singapore 310190	6352 5912
Guardian Warehouse Retail Scheme 21 Tampines North Drive 2 #01-01 Giant Building, Singapore 528765	6788 4161
Guardian West Mall 1 Bukit Batok Central Link #01-27 West Mall Shopping Centre, Singapore 658713	6794 0903
Guardian Zhongsan Mall 20 Ah Hood Road #01-20/21 Zhongsan Mall, Singapore 329984	6339 4314

Unity Quit Centres	Telephone
Unity Bedok Blk 212 Bedok North Street 1 #02-147, Singapore 460212	6445 9551
Unity Bukit Timah Plaza 1 Jalan Anak Bukit #B1-01 Bukit Timah Plaza, Singapore 588996	6466 2957
Unity Clementi Mall 3155 Commonwealth Avenue West #B1-10/11 The Clementi Mall, Singapore 129588	6659 4719
Unity Eastpoint 3 Simei Street 6 #05-01 Eastpoint Mall, Singapore 528833	6788 2415
Unity HarbourFront 1 Maritime Square #02-118/119 HarbourFront Centre, Singapore 099253	6271 5100
Unity Hougang 1 1 Hougang Street 91 #02-01 Hougang 1, Singapore 538692	6384 0952
Unity Jurong Point 1 Jurong West Central 2 #B1-09 Jurong Point, Singapore 648886	6793 5712
Unity Lot One 21 Choa Chu Kang Avenue 4 #B1-04/05 Lot One Shoppers' Mall, Singapore 689812	6763 7678
Unity Marine Parade 6 Marine Parade Central Level 2 (Inside FairPrice), Singapore 449411	6345 1548
Unity Tampines Mall 4 Tampines Central 5 #B1-12 Tampines Mall, Singapore 529510	6783 3903
Unity Toa Payoh 510 Toa Payoh Lorong 6 #B1-02 Toa Payoh MRT Station, Singapore 319398	6258 2810
Unity Woodlands Civic Centre 900 South Woodlands Drive #B1-01 Woodlands Civic Centre, Singapore 730900	6219 4898
Unity Yew Tee Point 21 Choa Chu Kang North 6 #B1-08/09 Yew Tee Point, Singapore 689578	6762 6549
Unity Yishun 849 Yishun Ring Road #01-3703, Singapore 760849	6759 1070

Watsons Pharmacy Quit Centres	Telephone
Watsons Airport Terminal 3 Basement 65 Airport Boulevard #B2-24, Singapore 819663	6581 1393
Watsons Causeway Point 1 Woodlands Square #B1-14/15 Causeway Point, Singapore 738099	6891 1620
Watsons Clementi Mall 3155 Commonwealth Avenue West #B1-37-39 The Clementi Mall, Singapore 129588	6659 4792
Watsons Great World City 1 Kim Seng Promenade #01-53A/54 Great World City, Singapore 237994	6836 9767
Watsons Hougang Mall 90 Hougang Avenue 10 #03-02 NTUC Hougang Mall, Singapore 538766	6386 3202
Watsons IMM 2 Jurong East Street 21 #01-54/55 IMM Building, Singapore 609601	6566 8465
Watsons ION Orchard 2 Orchard Turn #B4-12 ION Orchard, Singapore 238801	6509 8129
Watsons Lucky Plaza 304 Orchard Road #B1-27/41, 28/40, 29/39 & 30 Lucky Plaza, Singapore 238863	6736 0956
Watsons Marina Bay Financial Centre 8A Marina Boulevard #B2-57-59 Marina Bay Financial Centre, Singapore 018984	6634 1744
Watsons Marina Square 6 Raffles Boulevard #02-212 Marina Square, Singapore 039594	6336 7653
Watsons Ngee Ann City 391 Orchard Road #B2-06-09 Ngee Ann City, Singapore 238872	6733 2437
Watsons Northpoint 930 Yishun Avenue 2 #B1-64-67 Northpoint Shopping Centre, Singapore 769098	6753 3036
Watsons Novena Square 238 Thomson Road #02-07/09 Novena Square, Singapore 307683	6259 1975
Watsons NUH Medical Centre 1 Lower Kent Ridge Road #01-33, Singapore 119082	6334 6827
Watsons Paragon 290 Orchard Road #B1-32/33/37 Paragon, Singapore 238859	6737 4910
Watsons Parkway Parade 80 Marine Parade Road #B1-14-16 Parkway Parade, Singapore 449269	6440 4923
Watsons Raffles City 252 North Bridge Road #B1-42 Raffles City, Singapore 179103	6334 2462
Watsons Tampines Mall 4 Tampines Central 5 #B1-07/08 Tampines Mall, Singapore 529510	6781 9304
Watsons VivoCity 1 HarbourFront Walk #B2-15-17 VivoCity, Singapore 098585	6376 8084

**Duration of counselling session may vary*
Information is correct at time of updating (March 2016)

