

We're here to help...

There's lots of ways we can help you quit. Just ask your midwife, doctor or call your local Stop Smoking Service.

To book a free appointment with a friendly advisor call:

North Lancs - **01524 845145**

Central, East, West Lancs - **0800 328 6297**

Cumbria - **0300 013 3000**

Blackburn with Darwen - **01254 587999**

You can also get free help from the NHS:

Chat to an NHS Pregnancy Smoking Helpline advisor:

0800 169 9 169

(Mon-Fri 9am-8pm, Sat-Sun 11am-5pm)

Chat online to an advisor at **smokefree.nhs.uk**

 **/nhssmokefree**

Get a **FREE Quit Kit**

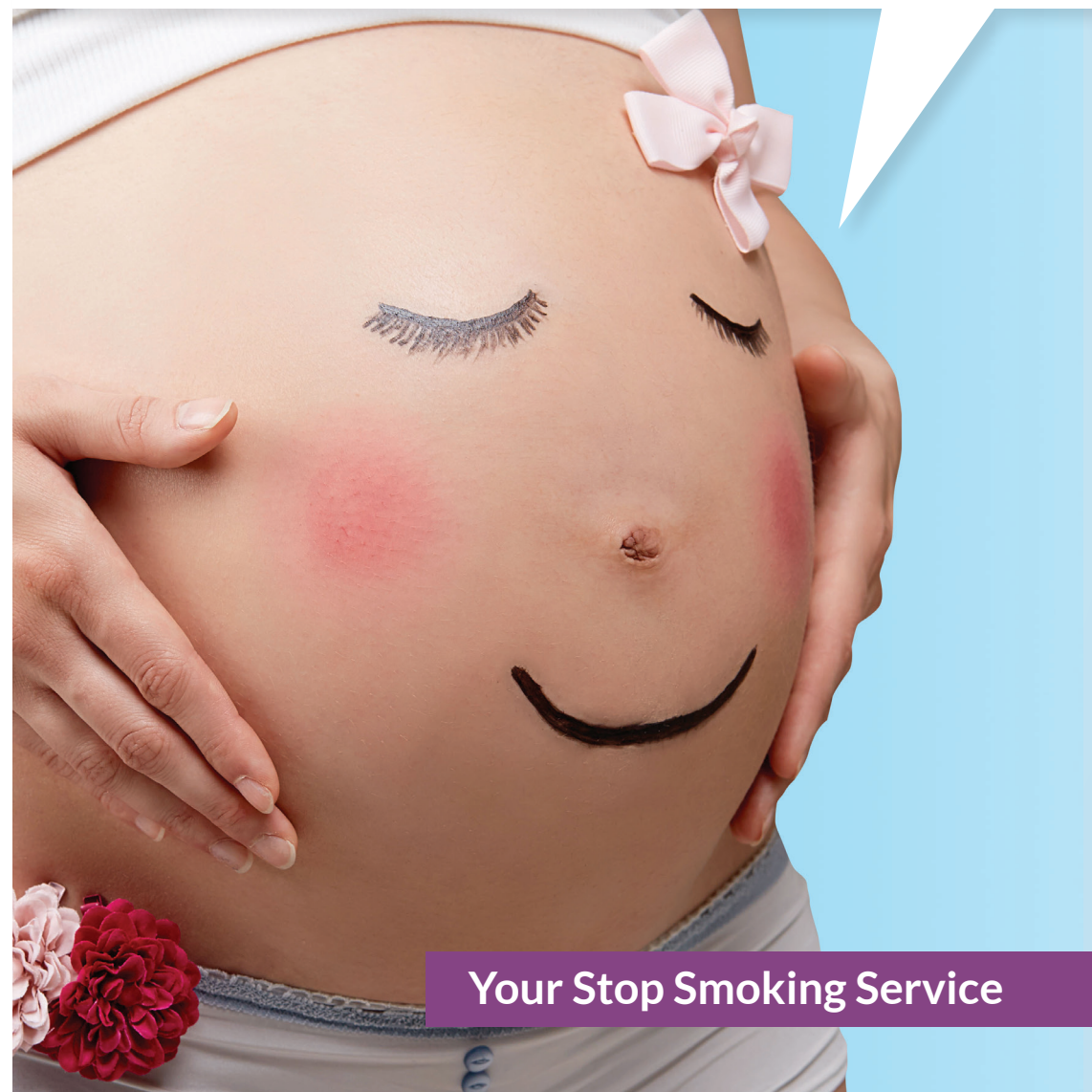
If you want to quit on your own you can order your free Quit Kit at

smokefree.nhs.uk

To find out what to expect at your first
stop smoking appointment visit...

quitfortwo.co.uk

Quit for you Quit for two



Your Stop Smoking Service

Getting the help you need from your Stop Smoking Service

If you smoke when you're pregnant, your midwife will refer you to your local Stop Smoking Service. Don't worry if you didn't make it to your first appointment - you can book another session any time.

We're here to help when you need us:

- We're a friendly bunch – come along for a chat - we're not here to judge you or make you feel guilty.
- It's free and we can give you the support that's right for you - this includes one to one and text support.
- We can give you free prescriptions for Nicotine Replacement Therapy (gum, patches etc) to help with the cravings and make it easier to quit.
- If you want to, you can join a small friendly group and help each other to quit.

It's never too late to quit...every cigarette you smoke restricts the oxygen to your baby so your baby will feel the benefit as soon as you stop smoking.

Did you know...
You're four times more likely to quit with help from your Stop Smoking Service than if you try to do it on your own.



To find out what to expect at your first stop smoking appointment visit...

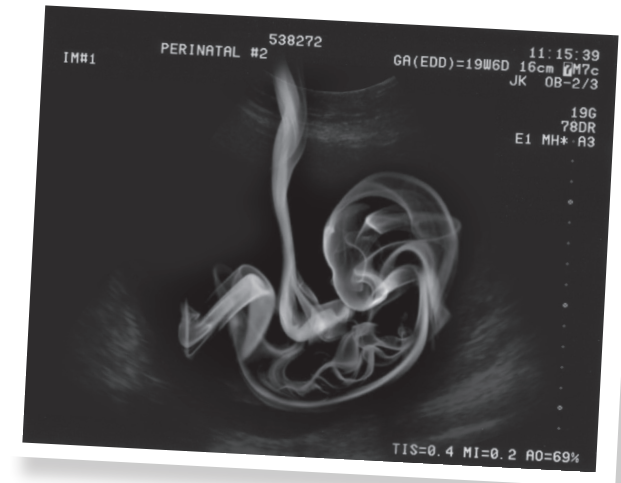
quitfortwo.co.uk

The science bit – why quitting is really worth it!

- When you smoke, you breathe in over 4,000 harmful chemicals.
- Smoke goes from your lungs into your bloodstream and then into your baby's tiny body.
- Your baby will be struggling for oxygen and their tiny heart will be pumping even harder.

If you quit smoking you will reduce the risk of...

- A miscarriage
- Premature birth (baby born before 37 weeks)
- An underweight baby
- Stillbirth (baby born dead)
- Cot death



Your friends and family...

Lots of mums-to-be ask their friends and family not to smoke in the house or around them because second-hand smoke also harms your unborn baby. They can get free help from the stop smoking service too – just tell them to get in touch.

There is more information on our website: **quitfortwo.co.uk**