

Quit for you, quit for your baby and quit for good

Stop Smoking Wales provides free, friendly NHS support and advice especially for pregnant women like you who want to stop smoking.

You are four times more likely to quit if you use our service than going it alone


Stopping smoking will benefit you and your baby immediately:

- Reduced risk of miscarriage and still birth
- Less chance of complications during pregnancy
- Reduced risk of premature birth
- Decreased risk of cot death
- A healthy mother and baby
- Immediate financial savings that can be used for baby clothes and other essentials

The sooner you stop the greater the benefits for you and your baby

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 @StopSmokingW

 StopSmokingWales



What do we offer?

- One to one sessions with a trained Stop Smoking Advisor
- An initial seven weeks of support followed by further support if you want it
- Support and advice on withdrawal symptoms and coping strategies
- Information on Nicotine Replacement Therapy products to help you quit
- Bring a family member or friend with you to the session and quit together
- Sessions held in local community venues during the day or evening

To find out more about the service or to book an appointment, please contact us using the details below.

Freephone

0800 085 2219

Visit: www.stopsmokingwales.com

Email: stopsmoking@wales.nhs.uk



Mum to be?

We can help you quit

www.stopsmokingwales.com