

Mum to be? Quit for me!



Help your baby by stopping smoking.

Smoking in pregnancy:

- reduces the oxygen getting to your baby
- increases the risk of miscarriage, stillbirth and cot death

We offer:

- 12 weeks of support tailored to your needs
- Free nicotine replacement therapy

We can help:

- If you live in Staffordshire*
- If you smoke tobacco products
- If you are pregnant, or have had a pregnancy within the last 6 months
- If you live with someone who is pregnant, or has had a pregnancy within the last 6 months

What do I do now?

Visit: staffordshire.everyonehealth.co.uk

Email: eh.staffs@nhs.net

Tel: **0333 005 0095**



*excluding Stoke on Trent

Funded by

