



Are you pregnant or have a child under 1 year of age and want to quit smoking?

We can help

The Stop Smoking in Pregnancy Team provide 1 to 1 support to quit smoking for pregnant women, their partners and significant others up to the child's 1st birthday.

We can provide behavioural support and Nicotine Replacement Therapy **free of charge** on a weekly 1 to 1 basis.

Quit with support from our advisors and have your 4 week quit status validated by a carbon monoxide monitor and we will help you celebrate by providing a **gift bag** for you and your baby.

Contact the Stop Smoking in Pregnancy Team on 01302 566776

