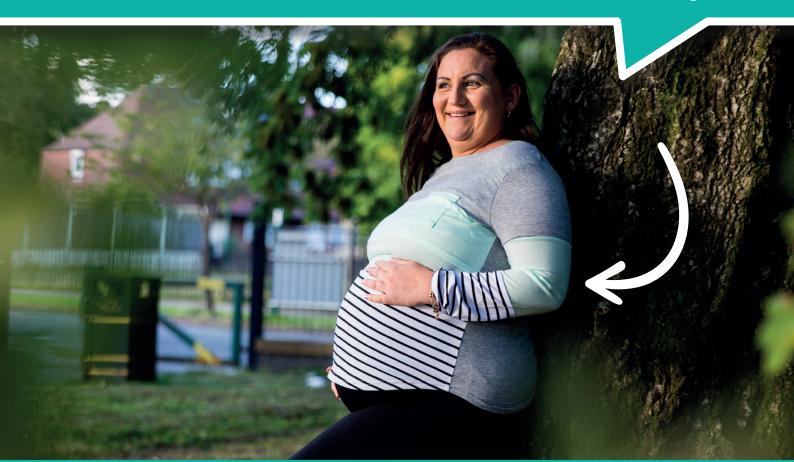
"If you're pregnant and trying to stop smoking, **there's so much help out there.** You can do everything from your own home and get support over the phone. **It's all free**, it's been so easy."

Sarah, Nottingham













"When I first met with my Stop Smoking Advisor, I thought I was going to be shouted at - because everyone knows smoking is bad. But that didn't happen. She was so down to earth, just a normal person trying to support women to stop smoking and have healthier babies."

Sarah, Nottingham













"Since I gave up smoking, I feel so much happier and healthier. I have **more money** to spend on my family and preparing for the new baby. It makes a big difference."

Sarah, Nottingham



You are three times more likely to quit smoking if you have support from your partner or family.











## Take the first step to a smokefree pregnancy.



Speak to your midwife.

