

# Mum to be?...

# Quit for me!



Stopping smoking is the single most important thing you can do to give your baby the best possible start in life.

Smoking in pregnancy reduces the oxygen getting to your baby and this poses significant risks including miscarriage, stillbirth and cot death.



Quitting smoking is proven to be more successful when you access a service for support and medication.

If you live in Southend on Sea and are pregnant we can provide you with 12 weeks of support tailored to your needs, with **FREE** nicotine replacement therapies.

We also support mothers with children under five and any smokers living in your household, so you can quit together to become a smoke free home.



Call **0333 005 0095** or Text **'Quit'** to **60777**  
[www.southend.everyonehealth.co.uk](http://www.southend.everyonehealth.co.uk)