



**“I had lots of reasons for smoking, but
one really good reason for quitting.”**

Quitting is best for you and your baby. Let us help – our free QUIT support programme has already helped thousands to quit successfully. We can help you too.

CALL 1800 201 203
EMAIL support@quit.ie
FREETEXT QUIT to 50100
www.quit.ie



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

**YOU CAN
QUIT**