



**My mammy
stopped smoking,
she did it for me.**

Inside you, your child is doing his
or her best to grow healthy and strong.
If you smoke, you may be restricting his or
her development.

Through our free QUIT programme, we're helping
mothers-to-be to give up smoking at this important
stage in life. And we can help you quit 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**