

It can be difficult, but smoking is much more harmful to your baby than any stress quitting may bring. There is a lot of help and support available to you. Ask your healthcare advisor or refer yourself to our new Sláintecare stop smoking service.

You won't be judged and you will get the support you need to quit smoking and stay quit.

What can you expect if you go to a smoking cessation clinic?

The Stop Smoking Advisor will talk to you about your smoking habits and helps you to build a plan to quit smoking. They will help you build confidence and motivate you to quit. It will be your plan. It will help you to build coping skills and avoid risky situations for you.

When you stop smoking, both you and your baby will feel the benefits immediately. Carbon monoxide and other chemicals will quickly leave your body. This means that there'll be more oxygen in your blood, making you and your baby much healthier.

You won't be judged and you will always get the help you need.



How do I find out more?

Talk to your midwife, GP, healthcare provider or practice nurse and they will refer you OR you can contact the service directly using the contacts below:

Contact: David Phelan
Stop Smoking Advisor
Waterford/Wexford
Phone: 087 1098689

Contact: Suzi Doyle
Stop Smoking Advisor
Carlow/Kilkenny/Tipperary
Phone: 087 451 8176

or email

Southeaststopsmokingsupport@hse.ie

OR you can **SCAN HERE** to register for a call back from a Stop Smoking Advisor:



This service is offered free to all pregnant women, women who have had babies or women planning to become pregnant, their partner/spouse and others in the household who want to quit smoking.



Where is the service offered?

Clinics are available in:

Carlow
Kilkenny
South Tipperary
Waterford
Wexford

**OVER 100
SMOKEFREE BABIES
BORN SINCE
JANUARY 2020**

