

MORE money + energy for you. MORE oxygen for your baby = healthier baby

Want the best for your baby?

We can support you to quit smoking.

Text **BABY** to 0447 987 230 to get our pregnancy support pack.

Or call our Aboriginal Quitline Counsellor on 13 7848.



This resource was funded by the Australian Government Department of Health under the Tackling Indigenous Smoking program.

Need help with cravings?
Remember the 4 Ds

Delay going out for a smoke
(the urge will pass)

Deep breathing

DO something else

DRINK water

Quitline
Tasmania

Quitline can give you some tips
on how to give quitting a go.

Call Quitline 13 7848

quittas.org.au

