

A close-up photograph of a pregnant woman's bare belly. Her hands are gently holding the belly, one near the top and one near the bottom. She is wearing a dark top and blue jeans. The background is a soft, out-of-focus pink and white. The text 'Want the best for you and your baby?' is written in large blue letters across the middle of the belly. Below it, in smaller red letters, is 'We can support you to quit smoking.' On the left side, curved along the edge of the belly, is the text 'MORE money + energy for you. MORE oxygen for your baby = healthier baby' in red.


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

Want the best for you and your baby?

We can support you to
quit smoking.

Quitting successfully requires having good support.
We offer this support plus a lot of encouragement.
Call us on 13 7848

Quitline
Tasmania

A close-up photograph of a pregnant woman's bare belly. She is wearing a black top and blue jeans. Her hands, with red-painted nails and a ring, are resting on her belly. Text is written on the skin in various colors and fonts. The background is a soft, out-of-focus sky with clouds.

Need help with cravings?
Remember the 4 D's

Delay going out for a smoke

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

