

## ***Congratulations on your pregnancy***

*and for taking the first step to becoming smoke free!*

This information pack has been developed to assist you through your quit attempt.

One of the key ingredients of being able to quit successfully is access to adequate support. In this respect, the Quitline can offer the support and encouragement required to help you reach your goal.

Our trained advisors are warm, caring and understanding and here to help you every step of the way.

**You can do it!**

**It's good for you... It's good for your baby.**

From the Quitline Team



**Contact the Quitline on 13 QUIT (137848)**

Go to our website [www.quittas.org.au](http://www.quittas.org.au)

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