

Free local service!



**Commit to the quit.  
For them and yourself.**

Did you attempt to stop smoking while you were pregnant?  
If so, you can now sign up again for further support without the need for a break.

Smokefree Hampshire has a maternity advisor who can help you after childbirth and provide you with free advice and support to quit smoking for good. Offering phone, text, or in-person meetings, whichever suits your schedule.

**Text - I QUIT to 66777**

**Call - 01264 563039 or 0800 772 3649**

  @SfreeHampshire       @SmokefreeHampshire

[www.SmokefreeHampshire.co.uk](http://www.SmokefreeHampshire.co.uk)