

Stopping smoking can help you feel better during pregnancy and beyond.

By stopping smoking, you could feel calmer, stronger
and more able to cope with the challenges of motherhood,
allowing you to enjoy time with your baby.

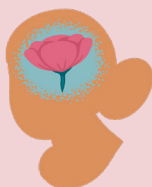


Thinking about stopping smoking is a step in the right direction.
Support is available to help you when you are ready.

Stopping smoking can:

Research
shows that stopping
smoking can reduce
symptoms of anxiety
and depression.

*British Medical Journal
(BMJ), 2021.*



Benefit
your body
and mind



Help you
feel more
in control



Improve your
mood and overall
wellbeing



Support your
ability to bond
with your baby

Speak to your midwife, health visitor or
visit smokefreesheffield.org to find out
more about the support available to you.

