



Get help to stop smoking when you are pregnant



Things that can happen when you stop smoking



Your body will feel better and stronger.



You will feel better in your **mind**. Your **mind** is your thoughts and feelings.



You will feel like you are in a good mood more.



It can help you to feel less stressed and worried.



You will feel better when you are pregnant. And when you have had your baby too.

How to get help and support



You might be thinking that you want to stop smoking. That is great.



When you are ready to stop, you can get help and support.



You can speak to your midwife or your health visitor.



Or you can look at this website:
smokefreesheffield.org



The website is not in easy read.



Smokefree
Sheffield