



Congratulations on your pregnancy!

There's never been a better time to quit smoking or vaping for you or your baby.



Quitting is easier with help.

Quit for You...Quit for Baby is a program for pregnant people, people planning* a pregnancy, and their partners.

You receive tailored support over the phone (at a time that suits you), and free nicotine replacement patches, gum and lozenges.

Supporting Aboriginal and Torres Strait Islander Queenslanders

Quitline has a dedicated team of Aboriginal and Torres Strait Islander counsellors, both men and women, ready to yarn and support you through your quit journey.

Getting started is easy!

Call Quitline on 13 QUIT (13 7848), talk to your health professional or visit www.qld.gov.au/quithq

 **Quitline 13 7848**

*people who are planning a pregnancy within the next six months

