

A close-up photograph of a pregnant woman's belly. Her hands are resting on her abdomen, one above the other. She is wearing a ring on her left hand and has pink nail polish. The background is a solid orange color.

More money and
energy for you.

More oxygen for
your baby.

Want the best for you and your baby?

We can support you to
quit smoking or vaping.

It helps to have good support to successfully quit.
Quitline offers this support plus a lot of encouragement.

Call us on 13 7848

The logo for Quit Tasmania, featuring a stylized white 'Q' with a blue arrow pointing to the right, followed by the word 'Quit' in a bold, sans-serif font and 'Tasmania' in a smaller font below it.

Quit
Tasmania

A close-up photograph of a pregnant woman's belly. Her hands are resting on her abdomen. The background is a solid orange color. Text is overlaid on the image.

Need help with cravings?
Remember the 4 Ds

Delay having a smoke or vape

Deep breathing

Do something else

Drink water

quittas.org.au

Quitline can give you some tips
on how to give quitting a go.

Call Quitline 13 7848

or arrange for us to call you at
quittas.org.au/contact/callback

