

MARYLAND TOBACCO QUITLINE FACT SHEET FOR PREGNANT WOMEN AND NEW MOMS

The Maryland Tobacco Quitline welcomes all pregnant women and new moms. Services are **FREE**, quit coaches won't judge and will talk to you about:

1. **Helping you** make a quit plan
2. **Why quitting is good for your health**
3. **Staying smoke-free after giving birth**
Second and third-hand smoke can make your baby sick
4. **Medicine** options to be approved by your doctor
5. **Getting support from your family and friends**
6. **Ongoing support**, coaches are available 24/7 and speak English, Spanish, and other languages
7. **Local programs** if you need more help
8. **Free booklets** made just for you

Calls usually last 15-25 minutes. Web and text message support are also available for free.

Call 1-800-QUIT-NOW (1-800-784-8669)
It's FREE. It's confidential. It works.

Maryland's SmokingStopsHere.com

1-800  **QUIT NOW**

A tobacco-free life is just a phone call away

1-800-784-8669

**ALL SERVICES ARE
PRIVATE AND FREE**



MARYLAND

Department of Health
and Mental Hygiene

