

LET'S  
KICK  
IT TOGETHER

Mums2Be  
Smokefree



# Stories From Real Somerset Mums Who Kicked The Habit

My stop smoking journey started when I was about 12 weeks pregnant. I was referred to the Mums2Be Smokefree service by my midwife. I had been smoking for over 20 years and have never given up before as I believed it would be too difficult a challenge.

## Tabetha's Story



Having the support of the Mums2Be stop smoking team, having the incentive, and being given the tools by the team to help me quit, I have found it easier than I thought.

I found the medication helpful and had a carbon monoxide monitor to check my breath at home. I would definitely recommend the Mums2Be stop smoking service to any expectant mothers as the support is excellent and the team is amazing.

Let us help you quit smoking

Phone: 01823 356222

Visit: [qrco.de/mums2be](https://qrco.de/mums2be)



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I'm 32 years old and had been smoking since I was a young teenager. In all honesty, I enjoyed smoking – it was my 'go-to' in most stressful situations, it's a very addictive habit and part of me couldn't see how the Mums2Be quitting service would help.

## Hayley's Story



When I was first recommended, I wasn't sure I was ready to give up. I'd recently found out that I was expecting my first baby and the changes that come with that can be daunting.

I started off on nicotine replacement patches with the idea of lowering the dose over time. Tracey, was my 'help to quit practitioner' and I couldn't believe how understanding she was at times when I felt I couldn't give up. Within a few weeks I had completely stopped smoking. Mums2Be was an amazing help to me and my family.

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