



Leeds Community Healthcare **NHS**  
NHS Trust

Leeds NHS Stop Smoking Service

# Pregnant? Want to give up smoking?

don't struggle on your own - you're much more likely to be successful with our help

Text **'FAB'** to **60066**  
For **FREE** support and advice

Contact **FAB** for a chat or to arrange an appointment at home, at a local clinic or wherever suits you best!



Don't  
put it  
off

It's  
never  
too late

