

NHS Pregnancy Smoking Helpline information

0800 169 9 169

NHS Pregnancy Smoking Helpline is a free and confidential helpline for any pregnant woman, or woman trying to become pregnant, who wants support, advice and information to help her to stop smoking. Trained counsellors can explain to women the dangers of smoking during pregnancy, give advice on ways of making giving up easier and support them through their cravings and withdrawal symptoms.

When a client calls 0800 169 9 169 she will be offered individual support, referral to her local NHS smoking cessation service, an information pack and a series of call-backs in order to provide intensive support during the giving up process. The call-backs are designed to provide the most intensive support around the most difficult times during the woman's quit attempt and will focus on the period around the quit date. The client is encouraged to call the helpline as many times as she needs to in addition to the pre-arranged call-back dates. A follow up call may also be offered after the birth of the baby in order to help the caller avoid relapsing.

NHS Pregnancy Smoking Helpline is not finger-wagging. We offer a listening ear, practical support and a flexible call-back service to women trying to stop smoking, throughout pregnancy and after the baby is born.

NHS Pregnancy Smoking Helpline 0800 169 9 169

The lines are currently open from 12 midday to 9pm

7 days a week

Please pass on the freephone number to your colleagues and any pregnant smokers with whom you may have contact so that they can access this specialist service geared to the needs and concerns of pregnant women, because we know it helps to have a friendly, helpful voice giving advice during what can be a stressful time.

For further information about the NHS Pregnancy Smoking Helpline please contact the Tobacco Information Campaign Team on 020 7972 5259

The NHS Pregnancy Smoking Helpline is run by QUIT on behalf of the Department of Health

Information supplied by 

See sheet 4 for how it works in clinical practice