

Talk to your midwife or GP if you have concerns about alcohol in pregnancy.

For more information visit:

- **NHS Choices**
www.nhs.uk/conditions/pregnancy-and-baby/alcohol-medicines-drugspregnant/
- **NOFAS**
www.nofas-uk.org/WP/wp-content/uploads/2014/08/NOAS-Factsheet-Pregnant-2016.pdf

Smoking

Smoking and inhaling passive smoke causes harm to you and your baby. Pregnancy is an ideal time to quit smoking for good. Your midwife or GP can refer you to local smoking cessation services or you can self-refer via the **NHS Smoking Helpline** on **0300 123 1044**.

Some nicotine replacement therapies are safe to use in pregnancy. Your stop smoking advisor should be able to support you in finding the right method to help you quit smoking whilst pregnant.

Although considered less harmful than smoking tobacco, E-cigarettes do contain chemicals that could be dangerous for you and your baby's health; therefore they should be used with caution and only under the advice of a specialist smoking cessation advisor.

For more information visit:

- **NHS Choices**
www.nhs.uk/conditions/pregnancy-and-baby/smoking-pregnant/

Illegal drug use

Use of illegal or street drugs when pregnant can seriously harm you and your baby. If you (or someone close to you) are using drugs, it's important to seek help straight away. You can talk to your midwife, GP or any of the specialist treatment services that are available.

For **24 hour immediate help** and support contact FRANK by:
Phone: 0300 123 600 Text: 82111