

Help with Quitting

An App For Expectant Mothers To Quit Smoking

Private · Personalized · Effective

By learning new ways to deal with urges craving, and stress, expectant moms can increase their chances of quitting.

Free to residents of Washington State.

To get access, go to doh.wa.gov/quit, sign up for **Smoking & Tobacco**, download the app, activate it, and select **Quitting While Pregnant**.



About the Program

- Core lessons and exercises
- Bonus lessons
- Practice awareness and take action
- Receive text-based messages
- Earn a certificate of completion



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To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.