

If you or someone you love needs information or support – including help quitting smoking – we can help. Contact us anytime, day or night, to speak confidentially with specially trained counselors and get services personally tailored for you.

**Call toll free
1-888-842-QUIT**

**Thinking about
quitting smoking?**



We can help.



**Use the free Quitline:
1-888-842-QUIT**



Quitting smoking isn't easy... but now you have help.

Call us to:

- Talk to a trained cessation counselor and enroll in a quit smoking program designed just for you.
- Receive materials that help you prepare for your quit attempt...and stay quit for good.
- Learn about programs in your community that can help you.
- Find out which medications can help you quit.



Quitline provides free, confidential help 24 hours a day, every day of the year.

"I loved my counselor. She didn't give me attitude...she really knew what I was going through."



"The self-help materials really gave me ideas for what I could do instead of smoking – delay, drink a glass of water, take deep breaths, or do something else like take a walk. Sounds weird, but it works!"

"I tried the gum before, but it didn't work. Then, I found out I was using it wrong."

