

Whether you smoke, dip or chew, we can help you quit for good

- **We know ways to make it easier.** We give you friendly support and practical tips that really work.
- **You'll get help that fits your needs.** Everybody is different. The help we give is personalized for your situation.
- **The Quitline really works.** People who get help from the Quitline are twice as likely to quit for good.

Our help is free and confidential

- **It's all free.** The call is free, our help is free, and the quit guide is free.
- **We respect your privacy.** Calls to the Quitline are confidential.



Comments from North Carolina residents who have used the Quitline

- *"You've been great support. I am so glad I heard the number on the radio."*
- *"I think this is an awesome thing. I feel like I am doubly motivated now. I have someone to provide support in every area."*
- *"You guys do a beautiful job! I've been recommending this program to everyone."*
- *"Every person who has called me has been so wonderful."*

A web based tool for smoking cessation can be found at
www.BecomeAnEx.org

Tobacco Prevention & Control Branch
N.C. Division of Public Health
1932 Mail Service Center
Raleigh, North Carolina 27699-1932
www.tobaccopreventionandcontrol.ncdhhs.gov



Phone: 919-707-5400
Fax: 919-870-4844



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North Carolina Tobacco Use Quitline

Smoking. Chewing. Dipping. Quitting.

You can quit.

We can help.



NC Tobacco Use Quitline
1-800-QUIT-NOW
1-800-784-8669
TTY 1-877-777-6534

8:00 a.m.— 3:00 a.m., 7 days a week
All calls are free and confidential



Should you call the Quitline?

- **Are you ready to quit?** Call and we'll help you make a quit plan.
- **Are you *not* quite ready to quit?** Call and we'll help you get started.
- **Have you tried to quit and it didn't work?** It can take more than one try to quit for good. Don't be discouraged. Call us. We'll help you learn from your experience and make a new quit plan.
- **Have you already quit?** We know it's hard for a while. If you need some help to stay tobacco-free, please call us.

Call the Quitline

- Trained Tobacco Quit Coaches—English & Spanish and other languages
- Coaches can call back upon request
- Toll-free number 1-800-QUIT-NOW (1-800-784-8669)
- TTY 1-877-777-6534
- 8 a.m. — 3 a.m., 7 days a week
- For all North Carolinians — youth & adult



Talk with an expert Quit Coach

We know what you're going through. We don't nag or lecture. We help you feel more confident about quitting for good.

There are different ways to quit. We'll help you make a quit plan that will work for you, including:

- Help you identify what triggers you to smoke, dip or chew.
- Help you think of activities other than using tobacco.
- Talk about what hasn't worked and new things you could try.
- Tell you about medications that can help you quit.
- Give you helpful websites to visit.

Get more help from your Quit Kit

- We'll send you a **Quit Kit** chosen just for you.

Ask for support and plan your rewards

- Tell your family and friends about your quit plan and ask for their support.
- Plan rewards for yourself.

Quit and Celebrate!