

# North Carolina Tobacco Use Quitline

## 1-800-QUIT-NOW

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



1-800-QUIT-NOW  
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