

## 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. You may be eligible for *FREE* nicotine patches, gum or lozenges.
- **QuitlineNC 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 QuitlineNC

- *"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."*

To enroll online for the telephone or web-only program, go to [www.QuitlineNC.com](http://www.QuitlineNC.com).

Tobacco Prevention & Control Branch  
N.C. Division of Public Health  
1932 Mail Service Center  
Raleigh, North Carolina 27699-1932  
[www.tobaccopreventionandcontrol.ncdhhs.gov](http://www.tobaccopreventionandcontrol.ncdhhs.gov)



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



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# QuitlineNC

## Smoking. Chewing. Dipping. Quitting.

You can quit.

We can help.



QuitlineNC

1-800-QUIT-NOW

1-800-784-8669

TTY 1-877-777-6534

**24 hours a day / 7 days a week**  
**All calls are free and confidential**



## Should you call QuitlineNC?

- **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 QuitlineNC

- Trained Tobacco Quit Coaches—English, Spanish and interpretation service for 160 languages
- Receive up to three coaching calls at times convenient for you.
- Toll-free number 1-800-QUIT-NOW (1-800-784-8669)
- Deaf Access: TTY 1-877-777-6534
- 24 hours/ 7 days a week
- For all North Carolinians
- 24 hour enrollment available
- Web Coach available for on-line support
- You may be eligible for *FREE* nicotine patches, gum, or lozenges



## 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!**