

“I’ve quit smoking
3, 4, maybe even
5 times.”

“Don’t worry, it
takes most people a
few tries. I can help.”



1-800-QUIT-NOW

1.800.QUIT.NOW connects you to a Quit Coach who will help you create a plan for quitting and stick to it. A Quit Coach will give you the one-on-one support you need without the pressure or judgment you don't. QuitlineNC is available 8 a.m. to 3 a.m., seven days a week. It's free, and it works. Double your chances of quitting for good. Call 1-800-QUIT-NOW (1.800.784.8669).

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