



Are you ready to quit using tobacco?



1-800-QUIT-NOW
1 - 8 0 0 - 7 8 4 - 8 6 6 9

NC Tobacco Use Quitline
Talk with an expert Quit Coach
1-800-784-8669

24 Hours/day, 7 days a week
Quit Coaches available in English and Spanish,
interpretation services available for all languages.

All calls are free and confidential.

TTY 1-877-777-6534

Call us. **You can quit.**
We can help.

