



# North Carolina Tobacco Use Quitline

## 1-800-QUIT-NOW

(1-800-784-8669)

### Why should I call the NC Quitline?

- Because you WANT to quit!
- To get support and information.
- To get expert help.
- To learn about medicines to talk to your doctor about.
- To find out what has helped other people.
- To talk to someone who wants to help you quit!

### What does the Quitline offer?

- Trained Tobacco Quitting Specialists
- Free and Confidential Help
- English and Spanish
- Specialists can call back upon request to see how you are doing
- For all North Carolinians – Adults and Youth
- 8 a.m. – midnight / 7 days a week
- Toll-free number 1-800-QUIT-NOW (1-800-784-8669)
- TTY 1-877-777-6534 (for people with hearing disabilities)

## Learn how you can start quitting today!