



How to Stop Tobacco Use

You know that using tobacco is an addiction and a habit, all rolled into one. You may have tried to stop many times. You may have even been tobacco-free for a period of time. But, now, you are back to using.

Your healthcare provider and our facility would like to offer you options to make your life free of tobacco. There is help out there, you just have to call. There are many options – American Cancer Society (1-800-ACS-2345), American Lung Association (1-800-586-4872), American Heart Association (1-800-AHA-USA1) and the Tobacco Quitline (1-800-QUIT NOW), to name a few.

The Tobacco Quitline is a confidential, no-charge telephone counseling line where qualified, trained counselors help you decide the best method for you to quit. They help you make changes in your behavior and your environment to assist you in being successful. They can discuss nicotine replacement and even have your healthcare provider have input in your counseling program.

Now is the time to think about quitting tobacco – and there is help.

Call the Tobacco Quitline at 1-800 QUIT NOW (1-800-784-8669)