

Whether you smoke 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.
- **The Quit Line really works.** People who get help from the Quit Line 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. The Quit Line is run by the state and paid for by state tobacco taxes.
- **We respect your privacy.** Calls to the Quit Line are confidential.

9 out of 10

callers would recommend the Quit Line to a friend.

Thank you so much for your help and what it's doing for me and my kids.

— KM, Bend

This was exactly what I needed.

— JH, LaGrande

You people are wonderful!

— GG, Salem

My doctor says you are the state-of-the-art program.

— SM, Portland

Two of my friends want your number. They were so sure I wouldn't be able to quit!

— JB, Grants Pass

Visit our Web site:

<http://oregon.gov/dhs/ph/tobacco>

Other formats: If you have a disability and need this information in a different format, please call **971-673-0984**.



Tobacco Prevention and Education Program

DHS: PUBLIC HEALTH DIVISION

Want some free and friendly help to quit smoking or chewing?



Call us!

1-800-QUIT-NOW
(1-800-784-8669)
www.quitnow.net/oregon/

Oregon Tobacco Quit Line

 **DHS** | Independent. Healthy. Safe.



WW Photography

Should you call the Quit Line?

- **Are you ready to quit?** Call and we'll help you make your 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 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.

1 Call the Quit Line

Quit Line numbers

Call these numbers for free from anywhere in Oregon.

1-800-784-8669 (English)

1-877-266-3863 es el número gratis en español (Spanish)

1-877-777-6534 (TTY number for people with hearing impairment)

or register online at www.quitnow.net/oregon/

Quit Line hours

5 am to midnight every day

2

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 many different ways to quit. We'll help you make a quit plan that will work for you.

- We'll give you tips on what to do when you have the urge to smoke or chew.

- We'll talk about times and situations when you usually smoke or chew, and ways to change these routines when you quit.
- If you've tried to quit, we'll talk about what hasn't worked and new things you could try.
- We'll tell you about medications that can help you quit.

3

Get more help from your Quit Guide

- We'll send you a **Quit Guide** chosen just for you.

4

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

Save money!

Enjoy better health!

Feel great about yourself!

5

If you ever need more help, call us again