


Quitline NC Promotional Materials

Whether you smoke, dip 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. You may be eligible for FREE nicotine patches, gum or lozenges.
- QuitlineNC really works. People who get help from the Quitline 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.
- We respect your privacy. Calls to the Quitline are confidential.



Comments from North Carolina residents who have used the QuitlineNC

- "You've been great support. I am so glad I heard the number on the radio."
- "I think this is an awesome thing. I feel like I am doubly motivated now. I have someone to provide support in every area."
- "You guys do a beautiful job! I've been recommending this program to everyone."
- "Every person who has called me has been so wonderful."

To enroll online for the telephone or web-only program, go to www.QuitlineNC.com.

Tobacco Prevention & Control Branch
N.C. Division of Public Health
1932 Mail Service Center
Raleigh, North Carolina 27699-1932
www.tobaccoeventandcontrol.ncdhhs.gov

Phone: 919-707-5400
Fax: 919-870-4844




N.C. DPH is an equal opportunity employer and provider.

QuitlineNC


**Smoking.
Chewing.
Dipping.
Quitting.**

You can quit.
We can help.



QuitlineNC
1-800-QUIT-NOW
1-800-784-8669
TTY: 1-877-777-6534
24 hours a day / 7 days a week
All calls are free and confidential

"My father never had to tell me not to smoke."



1-800-QUIT-NOW
1-800-784-8669

Quitline NC
It's Free & It Works.
You Can Quit. We Can Help!



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