

Ohio Tobacco Quit Line

Counseling to help you quit smoking and/or the use of other tobacco products, including electronic cigarettes.

**Available 24 hours a day,
7 days a week.**

Your choice of nicotine patches, gum or lozenges sent directly to your home.

**And it's all free.
For everyone in Ohio.**

Call 1-800-QUIT NOW
(1-800-784-8669) to
start your journey to a
nicotine-free life, today.

**There are so many reasons to quit.
What's yours?**



What to expect when you call the Ohio Tobacco Quit Line

Your call will be answered by a quit coach that has been trained to help people quit all nicotine products.

You will be asked a series of questions about your tobacco use history. You don't need to have health insurance to participate, but if you do we'll ask you for the name of your carrier. Support is free to everyone

We must ask you a few personal questions to better help you. Know that you don't have to answer a question if you are uncomfortable.

A counseling session takes place during your first call. There are a total of five scheduled sessions. BUT you can call anytime you need a little extra help, such as during a craving. Call as many times as you like, any time of day **24/7**.

Counseling calls will be scheduled at a time that's best for you. There is no set length of calls, so all calls are scheduled within a three hour window.

Calls from the **Ohio Tobacco Quit Line** show up as 800-934-4840. Please program this number in your phone so you don't miss our calls. If you do miss a call, you can always call us!

Choose **FREE** nicotine replacement therapy to be shipped directly to your home. We'll ask you some health questions to be sure you are able to use it.

You can sign up to receive text messages to help keep you motivated as you quit.

We will call you in about 7 months to check in. Please answer and tell us how you're doing. We'll also want to hear your thoughts about our program and any improvements we can make.

Thousands of Ohioans have quit with help from the **Ohio Tobacco Quit Line** and YOU can too!
To begin your quit journey, call **1-800-Quit-Now**.

