



## Ready to Quit Tobacco? The Oregon Quit Line Can Help

### What is the Oregon Tobacco Quit Line?

The Oregon Tobacco Quit Line (Quit Line) is a **free program** offering tips, information, and **one-on-one telephone counseling** to anyone looking to **quit tobacco** or to help someone quit. It is available to **all Oregonians regardless of income or insurance status** and is staffed by **real people who are friendly and non-judgmental**. The Quit Line offers coaching **in many languages** and has been helping people kick their tobacco habits for more than a decade.

### What can I expect when I use the Free Oregon Tobacco Quit Line?

- When you call or chat online, you will connect with a real person who will coach you on putting *your own* quitting plan together in a way that fits *your* life.
- Your Quit Coach will give you tips on changing your routine so that you beat that urge to smoke or chew.
- Coaches can also help callers figure out if they are eligible for free nicotine gum or patches.

### Why should I quit?

- You will improve your health immediately.
- You will show your kids that tobacco has no part in a healthy life.
- You will have fresher breath and clothes that don't smell of smoke.
- The money you spend on tobacco can be used for other things.
- You can stop worrying about where to smoke, being nagged, or feeling badly because you use tobacco.
- You will feel great because you kicked the habit and took your life back.

### How can I reach the Oregon Tobacco Quit Line?

- 1-800-QUIT-NOW (1-800-784-8669)
- Español: 1-855-DEJELO-YA (1-855-335356)
- Register online at: [www.quitnow.net/Oregon/](http://www.quitnow.net/Oregon/)

The Quit Line is open seven days a week, 5:00 am to 12:00 am, and is available in many languages.

***You can quit. The Oregon Tobacco Quit Line can help.***