**Content for Websites**

Version for organizations that serve people living with an intellectual or developmental disability:

People living with disabilities smoke and use tobacco more than people without disabilities. The tobacco industry targets people living with disabilities to get them addicted to smoking cigarettes or using other tobacco products. It can be hard to get the right kind of help to quit tobacco.

People living with disabilities are stronger than the tobacco industry!

You can get FREE counseling and quit smoking medications to quit tobacco forever.

Call the Oregon Tobacco Quit Line: 1-800-QUIT-NOW (1-800-784-8669) or go to the online website: [www.quitnow.net/oregon](http://www.quitnow.net/oregon). (If you are deaf or hard of hearing, call 1-877-777-6534 or use a relay service to connect with 1-800-QUIT-NOW.)

Or ask your doctor for help to quit tobacco.

When you call the Oregon Tobacco Quit Line, you will get FREE counseling sessions and online support. You can also get supportive text messages and free quit smoking medications, like patches or gum.

If you want to fight back against the tobacco industry, visit [www.SmokefreeOregon.com](http://www.SmokefreeOregon.com) to learn how.

Version for organizations that serve people living with disabilities (that are not intellectual or developmental):

Quitting an addictive product like tobacco isn’t easy. In fact, the tobacco industry makes sure of it. They actively target people living with disabilities to sell their addictive products as a form of stress relief. They want to keep you hooked so you stay a tobacco customer for life. But with help, there is so much more you have to gain when you quit tobacco!

**It’s time to improve your health!**

With the support of the Oregon Tobacco Quit Line, you can receive FREE counseling and quit smoking medications to successfully quit tobacco for good.

**The first step to living tobacco-free is finding a personal reason to quit.**

Here are some benefits of quitting tobacco that you might want to consider:

* Improves your health and keeps your body strong
* Protects your family and loved ones from secondhand smoke
* Gives you more energy for new activities
* Saves you money

**Here are some reminders of what happens when you quit tobacco:**

* Carbon monoxide levels in your blood decrease to normal (this happens 12 hours after you quit)
* Increased blood flow and circulation to your limbs
* Reduced risk of pressure sores
* More lung capacity to breathe better
* Risk of heart disease is cut in half (one year after you quit)

The most important thing to remember is: **You don’t have to do it alone!** When you call the Oregon Tobacco Quit Line, you’ll get FREE support and resources to quit tobacco:

* Personalized counseling sessions with real people
* Online support tools and resources
* Help getting free or cheap nicotine replacement therapies (like patches, gum and lozenges)
* Supportive text messages and zero judgment

You can also ask your doctor for help quitting smoking and using tobacco.

**When you’re ready, call the Oregon Tobacco Quit Line:**

**1-800-QUIT-NOW (1-800-784-8669) or visit** [**www.quitnow.net/oregon**](http://www.quitnow.net/oregon)**.**

(If you are deaf or hard of hearing, you can call 1-877-777-6534 or use a relay service to connect with 1-800-QUIT-NOW.)

Interested in doing more to prevent tobacco use in your community? Visit [www.SmokefreeOregon.com](http://www.SmokefreeOregon.com) to learn how!

Version for organizations that serve caregivers and support providers:

Supporting someone on their path to quit tobacco is an act of care that will positively impact both you and those you care for. And with the support of the Oregon Tobacco Quit Line, no one has to do it alone!

**Why is quitting tobacco so challenging?**

Quitting an addictive product like tobacco isn’t easy. In fact, the tobacco industry makes sure of it. They actively target people living with disabilities and people who experience a lot of stress to sell their addictive products. They want to keep their customers hooked to make them lifelong customers. It can be hard to find the right kind of help. This is part of why people living with disabilities and those who care for them smoke and use tobacco products more than others.

**The first step to living tobacco-free is finding a personal reason to quit.**

Here are some benefits of quitting tobacco to consider:

* Improved health and stronger body
* Less secondhand smoke
* More energy for new activities
* Potential savings of more than $3,000 a year

**Here are some reminders of what happens when you quit tobacco:**

* Carbon monoxide levels in your blood decrease to normal (this happens 12 hours after you quit)
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* Reduced risk of pressure sores
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You can also ask your doctor for help quitting smoking and using tobacco.

**When you’re ready, call the Oregon Tobacco Quit Line:**

**1-800-QUIT-NOW (1-800-784-8669) or visit** [**www.quitnow.net/oregon**](http://www.quitnow.net/oregon)**.**

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Interested in doing more to prevent tobacco use in your community? Visit [www.SmokefreeOregon.com](http://www.SmokefreeOregon.com) to learn how!

**Content for Email**

Quitting tobacco isn’t easy. In fact, the tobacco industry makes sure of it. They actively target people living with disabilities to sell their addictive products as a form of stress relief. They want to make them tobacco customers for life. That’s a big reason why people living with disabilities and those who care for them smoke and use tobacco at higher rates.

**But the disability community is stronger than Big Tobacco companies!**

With the support of the Oregon Tobacco Quit Line, people living with disabilities, caregivers and support providers can receive FREE counseling, support and quit smoking medications (patches and gum) to successfully quit tobacco for good. They can **call 1-800-QUIT-NOW**, **visit** [**quitnow.net/oregon**](http://www.quitnow.net/oregon), or **ask their doctor** for help to quit tobacco.

**HELP US SPREAD THE WORD!**

Smokefree Oregon has partnered with the Oregon Office on Disability and Health to provide information on quitting tobacco to people living with disabilities, caregivers and support providers. Visit [SmokefreeOregon.com/Resource/Disability-Quit-Resources](https://smokefreeoregon.com/resource/disability-quit-resources/) to access the following resources:

* Printable 8.5x11-inch PDF posters to put up in your clinic, office lobby or waiting room. *(Versions for people with living with disabilities, people with IDD, and caregivers or support providers)*
* Content for websites, blogs or emails.
* Social media posts and for Facebook, Instagram or TikTok accounts.

To learn more about tobacco use in Oregon, how the tobacco industry deceives and targets certain populations, and how people in Oregon are fighting back,visit[**SmokefreeOregon.com**](http://www.smokefreeoregon.com/).