



TOLL FREE **1-800-QUIT-NOW** (1-800-784-8669)
For more information about quitline
services and resources please visit:

www.indianaquitline.net

Services are available in both English and Spanish.

Note: For other languages, translation is
available through Interpretive Services.

TTY services are available for the hearing impaired.

TTY 877-777-6534



BREAK FREE FROM TOBACCO

You can
You can

QUITTING TOBACCO IS HARD. You may have tried to quit several times before—two, three, four or more times—and you're still hooked. Don't give up! Each quit attempt moves you closer toward success. You can quit and the Indiana Tobacco Quitline will help you break free.

There is no cost to use the Tobacco Quitline.

It's great
TO BE FREE FROM TOBACCO

When You Call the Indiana Tobacco Quitline You Will Receive

- One-on-one proactive telephone counseling with a Quit Coach®.
- Access to 24-hour WebCoach.
- Referrals to local quit smoking services in your community.

This is How it Works

The Indiana Tobacco Quitline has trained dedicated Quit Coaches® who have helped hundreds of people quit using tobacco. A Quit Coach® will guide you through the process of quitting.

When you are ready to quit, your Quit Coach® will work with you to make a quit plan just for you. Your plan will include counseling sessions and a quit kit. You may be encouraged to contact your physician for stop smoking medications and given information about stop smoking programs in your community. If you are not ready to quit, the quitline staff will help you figure out what you can do to prepare yourself to successfully quit.

Practical Advice and Tips

The Quit Coaches® will offer practical advice and tips to help you:

- Develop a quit plan to improve your chances of success.
- Cope with your cravings.
- Find ways to change your daily activities that trigger smoking.
- Avoid weight gain.

Quitting is hard, but getting professional help will improve your chances of success. The Indiana Tobacco Quitline becomes your partner and your Quit Coach® is there to support you through tough times to avoid a relapse. You may call anytime 7 days a week between 8am-3am EST.

