

# Thinking about quitting tobacco?

## QUIT NOW

### New Hampshire

can help you to quit, stay quit or just get information.



**Coaching sessions are free and confidential to all NH residents.**



Free Nicotine patches, gum and lozenges are available at no cost if you enroll in coaching sessions.



**CALL: 1-800-QUIT-NOW/1-800-784-8669**

**VISIT: [www.QuitNowNH.org](http://www.QuitNowNH.org)**



## **Things You Should Know when you call 1-800-QUIT-NOW**

- An automated menu asks you to choose a service.
- An Intake Specialist will ask you some basic questions and connect you with a Quit Coach.
- Specially trained Quit Coaches will help you re-learn life without tobacco.
- Quit Coaches are available from 7AM to 1AM so you can make coaching sessions fit into your life schedule.

## **Things You Should Know about [www.QUITNOWNH.org](http://www.QUITNOWNH.org)**

- There is a tab to sign up for a Quit Coach to call you. This call will show up on your phone as 1-800-784-8669.
- The Quit Coach will try to reach you within 1-2 days of signing up, so please be patient.
- The Quit Coach will try to reach you 3 times and will leave messages.
- The sign up form asks you if you would like to receive motivational text messaging.
- You can send the Quit Coaches success stories.
- You can write yourself a motivational letter on the “Dear Me, NH” tab.

### **Other Contact Options**

**Spanish: 1-800-833-5256**

**TTY/TTD: 1-800-833-1477**

**New Hampshire Department of Health and Human Services  
Division of Public Health Services  
Tobacco Prevention & Cessation Program**