

Tobacco Quit Line

**READY
TO QUIT
SMOKING?**



Washington State Department of Health

Tobacco Quit Line

1-800-QUIT-NOW

toll-free

1-800-784-8669

QUITLINE.COM



BECOME A QUITTER!

Call the Washington Tobacco Quit Line toll-free at **1-800-QUIT-NOW (784-8669)** to speak with a trained “quit coach” about how you can double your chances of quitting. You don’t have to do it alone.

FREE Services you’ll receive:

- Private counseling and support
- Advice on designing your own quit plan
- Help deciding about products and medications that can help your quit be easier and more successful
- A tobacco Quit Kit full of information about how to quit and stay quit

Tobacco Quit Line hours:

Monday - Sunday: 5 a.m. to 9 p.m.

If you call other times, we’ll call you back.

Prefer Online?

Visit **www.quitline.com** to get tips on quitting, hear a sample call and meet the quit line specialists. You can also ***Click to Call*** to schedule a quit coach to call you.

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