

## Tobacco Quitline Fact Sheet

### 1-800-QUIT-NOW (1-800-784-8669)

*Quitline counseling is effective with diverse populations and has broad reach. Tobacco quitline callers on average are four times more likely to quit tobacco use than those who attempt to quit without treatment.*

#### How the Quitline Works

- A person calls the quitline. **1-800-QUIT-NOW** (1-800-784-8669)
- A friendly coach offers tips and helps create a plan.
- The quitline sends free materials.
- In some states, the quitline sends free medications.

#### The Quitline Provides a Variety of Services

- Free telephone coaching for tobacco users who want to quit, including:
  - A 20-40 minute initial assessment of each caller ready to make a quit attempt.
  - Advice on how to quit, based on extensive scientific research.
  - Option to have a quitline coach follow up with return calls.
- Information for friends, family and others concerned about a tobacco user.
- Some states offer Web-based services such as: chat rooms, information about tobacco cessation, and information about the quitline.
- A few states provide referrals to local tobacco treatment programs and services.
- Visit <http://www.naquitline.org/mapdata-all.asp?country=US> for listing by state of quitlines and the services they offer.

#### How to Reach Us

- **Call 1-800-QUIT-NOW** (1-800-784-8669).
- Some state quitline Web sites have a “Click to Call” feature. The feature asks you to enter your phone number and hit “send”. A quitline coach will call you.
- Some states offer an option for patient fax referral to the quitline.

#### Who Do Quitlines Serve?

- Quitlines serve all people who use tobacco including special populations, such as teens and pregnant smokers.
- 43 US quitlines offer materials and services in Spanish.
- Quitlines offer services through translation services in languages other than English and Spanish.

