

BE IN THE KNOW: QUITLINE NC

Quitting can be hard. But you can double your chances of quitting for good by calling.



THE BEST WAY TO QUIT IS A PHONE CALL WAY.

WHAT IS QUITLINE NC?

QuitlineNC offers free, private coaching over the phone or online to help you stop smoking or dipping.

HOW DOES IT WORK?

QuitlineNC is simple.

When you are ready to stop smoking, dipping or just have a question about quitting soon, give QuitlineNC a call or login at www.quitlinenc.com and you will be linked to a Quit Coach.

WHAT IS A QUIT COACH?

They don't call them "coaches" for nothing. A Quit Coach is someone who has helped many people quit and knows how tough it can be. You're the key player, but your quit coach is trained to provide

TRU IS MAKING A DIFFERENCE. For more information about **TRU** in your community and how you can get involved, contact me to learn more:

you with the tools you need to quit for good.

HOW CAN A QUIT COACH HELP ME?

Together, you and your coach will make a plan that works for you. Your Quit Coach will be there to help you stick with it and even give you tips and advice to help along the way.

WHEN CAN I CALL OR LOGIN?

You can call or click your Quit Coach anytime—when you have a craving, when you are having a stressful day or when you just need to talk. If you like, your Quit Coach can even call you.



QuitlineNC is here to listen and help you to quit for good 24 hours a day, seven days a week.

Did you know that Quit Coaching is available in Spanish and other languages? Just call and ask.



If you or someone you know wants to quit smoking or dipping, please call or click:



1-800-QUIT-NOW

About the Tobacco Prevention and Control Branch (TPC)

The North Carolina Tobacco Prevention and Control Branch works to improve the health of North Carolina residents by promoting smoke-free environments and tobacco-free lifestyles. Our goal is to build capacity of diverse organizations and communities to implement and carry out effective, culturally appropriate strategies to reduce deaths and health problems due to tobacco use and secondhand smoke.



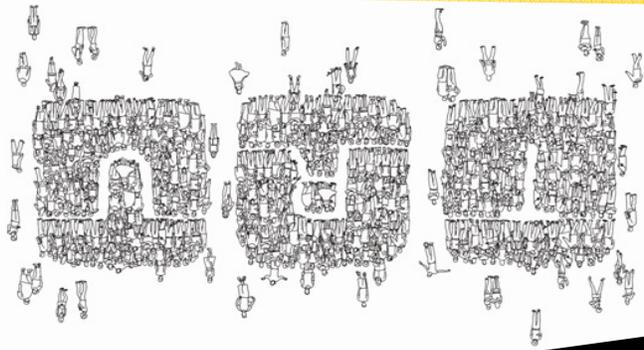
About TRU:

TRU is North Carolina's youth-led grassroots movement that has helped bring our state's teen smoking rates to the lowest on record. TRU stands for Tobacco.Reality.Unfiltered. And our name says a lot about us — we bring home the reality of tobacco use and are on our way to creating the state's first tobacco-free generation. The TRU movement rallies teens to take a stand against tobacco and get the message out there in any way possible, whether it's by working with the media, encouraging local businesses to go tobacco-free or holding a "cigarette butts pick-up" event.

To find out more about TRU, please visit:



TOBACCO REALITY UNFILTERED
REALITYUNFILTERED.COM



State of North Carolina | Department of Health and Human Services
 Division of Public Health | Tobacco Prevention and Control Branch
www.ncdhhs.gov | www.publichealth.nc.gov
 N.C. DHHS is an equal opportunity employer and provider. 10/12

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Join the movement

**WE ARE A
 FORCE OF
 TOBACCO-FREE
 GOODNESS**



WHAT WILL YOU DO AS A TRU TEEN?



It's official: teen smoking is now at an all-time low. Across the state, teens are making sweeping changes. And you can help. As a TRU teen you will:

- Encourage others to become tobacco-free,
- Educate your peers,
- Speak to community leaders and decision makers,
- Meet with other teens in your region and across the state, and
- Develop fun, creative activities.

Meet New People

Build
 Your Resume

Express Yourself

Show Your Care



TRU is making a difference. Contact me to learn more:
 CONTACT INFORMATION:
 INSERT COORDINATOR NAME
 INSERT AGENCY NAME and ADDRESS
 INSERT PHONE NUMBER
 INSERT EMAIL ADDRESS

BE
 TRU
 TAKE THE
 PLEDGE

STAY
 TRU
 SPREAD THE
 MESSAGE

LIVE
 TRU
 GET
 INVOLVED