



1-800-QUIT-NOW

# Ready to quit smoking?

QuitlineNC is here to help triple your chances of quitting for good. It's free, confidential, and it works.

I've already tried  
to quit five times.

Quitting can be hard. That's why it helps to have one-on-one support, ready when you need it.

## How does it work?

QuitlineNC is simple. When you're ready, give us a call, and we'll pair you with a Quit Coach. A Quit Coach is someone who has helped many people quit and knows how tough it can be.

Your coach will help you make a plan that works for you and will be there to help you stick with it. You'll also get tips and advice to help along the way.



1-800-QUIT-NOW | [QuitlineNC.com](http://QuitlineNC.com)

When can I call?

We're here 24 hours, seven days a week to encourage, listen and help you quit for good.

How do I learn more?

For more information, visit [www.QuitlineNC.com](http://www.QuitlineNC.com) or call toll-free 1-800-QUIT-NOW (1-800-784-8669) and talk to one of our coaches. The best way to quit is a phone call away.



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NC DEPARTMENT OF  
HEALTH AND HUMAN SERVICES  
Division of Public Health

State of North Carolina  
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