Try to Stop. We can Help.

Free Counseling to Quit Tobacco

Available to All NH Residents

1-800-QUIT-NOW

www.QuitNowNH.org

Tobacco Prevention & Cessation Program
1-800-QUIT-NOW • QuitNowNH.org

Spanish Helpline: 1-800-833-5256
TTY/TTD Helpline: 1-800-833-1477