



Thinking about quitting tobacco?

The New Hampshire Tobacco Helpline can help you stop using tobacco.



Free and Confidential

Anyone in New Hampshire can use the helpline to quit, stay quit or just get information.



CALL: 1-800-QUIT-NOW/1-800-784-8669

VISIT: www.QuitNowNH.org



1-800-QUIT-NOW

www.QuitNowNH.org



What Happens When You Call?

- A friendly staff person offers free quitting materials.
- You can sign-up for private telephone counseling at no cost.
- You can choose the services you want at the times that are best for you.
- If you call after hours, you might reach an answering machine. Leave your name, number and the best time to reach you. Someone will call you back within 1-2 days.

What Happens When You Visit Our Website: www.QuitNowNH.org?

- You can sign-up for private telephone counseling with an easy form.
- You can find ways to quit on your own.
- You can sign up for quit tips through e-mail or text.
- Connect with other people trying to quit tobacco.

Other Contact Options

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

