# Thinking about quitting tobacco?

**QUIT NOW New Hampshire** can help you to quit, stay quit or just get information.

**Coaching sessions are free and confidential to all NH residents.**

Free Nicotine patches, gum and lozenges are available at no cost if you enroll in coaching sessions.

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

**VISIT:** www.QuitNowNH.org

QUIT NOW
New Hampshire

## Things You Should Know when you call 1-800-QUIT-NOW

- An automated menu asks you to choose a service.
- An Intake Specialist will ask you some basic questions and connect you with a Quit Coach.
- Specially trained Quit Coaches will help you re-learn life without tobacco.
- Quit Coaches are available from 7AM to 1AM so you can make coaching sessions fit into your life schedule.

## Things You Should Know about www.QUITNOWNH.org

- There is a tab to sign up for a Quit Coach to call you. This call will show up on your phone as 1-800-784-8669.
- The Quit Coach will try to reach you within 1-2 days of signing up, so please be patient.
- The Quit Coach will try to reach you 3 times and will leave messages.
- The sign up form asks you if you would like to receive motivational text messaging.
- You can send the Quit Coaches success stories.
- You can write yourself a motivational letter on the "Dear Me, NH" tab.

## Other Contact Options

Spanish: 1-800-833-5256

TTY/TTD: 1-800-833-1477

New Hampshire Department of Health and Human Services
Division of Public Health Services
Tobacco Prevention & Cessation Program