

**Tobacco Quit Line**

**READY  
TO QUIT  
SMOKING?**



**Washington State Department of Health**

**Tobacco Quit Line**

**1-800-QUIT-NOW**

toll-free

1-800-784-8669

**QUITLINE.COM**

Spanish: 1-877-2NO-FUME (1-877-266-3863)



# BECOME A QUITTER!

**C**all the Washington Tobacco Quit Line toll-free at **1-800-QUIT-NOW (784-8669)** to speak with a trained “quit coach” about how you can double your chances of quitting. You don’t have to do it alone.

## **Free services you’ll receive:**

- Private counseling and support
- Advice on designing your own quit plan
- Help deciding about products and medications that can help your quit be easier and more successful
- A tobacco quit kit full of information about how to quit and stay quit

## **Tobacco Quit Line hours**

Monday-Sunday: 5 a.m. to 9 p.m.

If you call other times, we’ll call you back.

## **Prefer online?**

Visit **[www.quitline.com](http://www.quitline.com)** to get tips on quitting, hear a sample call and meet the quit line specialists. You can also ***Click to Call*** to schedule a quit coach to call you.

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