



**74% of Louisiana Tobacco  
Users Have Tried to Quit.**

**Let Us Help You Succeed!**



**CALL**

**1-800-QUIT-NOW**

**or visit**

**QuitWithUsLa.org**

**QUIT**  
WITHUS.LA  
LIVE LIFE  
TOBACCO-FREE

Get  
Help

Quit  
Smoking

SMOKING CESSATION TRUST

## The Louisiana Tobacco Quit Line

**It's Never Too Late to Try Again.**

# 6 Ways We Support Your Efforts To Quit

- FREE** quit support over the phone: 24 hours a day, 7 days a week
- One-on-one phone counseling with a Quit Coach**
- One-on-one, in-person support from a trained counselor in your community**
- Nicotine replacements (gum, patches and lozenges)**
- Smoking cessation classes in your community**
- Text2Quit (get personal text messages with quit tips and reminders)**

**You Want to Quit... We Want to Help... We've Got You!**