

The Time to Quit Smoking is Now!



CALL
1-800-QUIT-NOW
or visit
QuitWithUsLa.org

QUIT
WITH US.LA
— LIVE LIFE —
TOBACCO-FREE

Get Help Quit Smoking
SMOKING CESSATION TRUST

The Louisiana Tobacco Quit Line

Take Control Back From Tobacco.

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 Make the First Move. We'll
Support You all the Way.**