



Quitting can be hard, but you're not alone in your struggle to stop using tobacco.

We can help you succeed.

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





The Louisiana Tobacco Quit Line

Make the Next Time You Quit, the Last Time.

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)**

**We've Helped Many Others Quit.
We Can Help You.**