



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

You Make the First Move,  
We'll Support You All the Way!

— 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.**