

Using Tobacco to Cope
with Life's Stresses?



— 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

There Are Better Ways To Cope.

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!