



**The Time to Quit Smoking is Now!**



**CALL**

**1-800-QUIT-NOW**

**or visit**

**QuitWithUsLa.org**



## 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.**