

Want to Quit Smoking or Chewing Tobacco?

Help Is Available

- The North Dakota Tobacco Quitline, a tobacco cessation telephone service, is available toll-free at **1.800.QUIT.NOW**. The Quitline offers telephone counseling designed to help smokers and spit tobacco users quit. It is free to all North Dakota residents. Free nicotine patches, gum or lozenges are also available to qualified Quitline enrollees.
- Go to **www.ndhealth.gov/tobacco** for a listing of local public health units and for information about community tobacco cessation programs. Or, you can call the North Dakota Department of Health, Division of Tobacco Prevention and Control at 701.328.3138 or 800.280.5512 (toll-free) to receive this information. Your local public health unit will assist you in finding local cessation programs and resources.
- Self-help materials, such as booklets, audiotapes, video tapes, etc., are available from your local public health unit or your local public library.



NORTH DAKOTA
DEPARTMENT *of* HEALTH

North Dakota Tobacco
QUITLINE
1•800•QUIT•NOW