

# TOBACCO *Facts*

June 2010

## North Dakota Tobacco Quitline Information for School Counselors



- The North Dakota Tobacco Quitline provides free, confidential, telephone-based cessation counseling to any North Dakota resident interested in quitting tobacco.
- Smokers, spit-tobacco users, family members of tobacco users and health-care professionals are encouraged to call the Quitline for help.
- The toll-free number for the Quitline is 1.800.QUIT.NOW (1.800.784.8669). The toll-free TDD number is 1.800.842.4681.
- Quitline hours are (Central Time):  
Monday–Friday: 7 a.m.–9 p.m.  
Saturday: 9 a.m.–5 p.m.  
During other hours, callers can leave a message and counselors will return their call during open hours.
- The Quitline has an extremely high success rate. Six months after counseling, 36.1 percent of former tobacco users are still not using tobacco.

- North Dakota Tobacco Quitline counseling protocols and educational materials for youth are specific to the 12- to 17-year-old population.
- In North Dakota, individuals 14 and older do not need parental consent to receive counseling.<sup>1</sup>

- Educational materials such as posters, brochures and pocket cards are provided at no cost.



- The Quitline utilizes a fax referral system (Fax-To-Quit Program), which aids in the referral process.
- Training about how to utilize the Quitline and the Fax-To-Quit Program is available. Contact the North Dakota Department of Health, Tobacco Prevention and Control Program.

<sup>1</sup> North Dakota Century Code, Chapter 14-10 (Minors), Section 14-10-17.