

NDQuits

1.800.QUIT.NOW (1.800.784.8669)

ndhealth.gov/ndquits

Go ahead

Use **NDQuits**

Stop using
smokeless tobacco

NDQuits is a **FREE**
service that can help
you quit smoking
and using smokeless
tobacco.

Go ahead! Get started
quitting with NDQuits.
Things will be looking up
and you'll be on your way to
a healthier you in no time.

- ◆ **PHONE** - Call 1.800.QUIT.NOW
(1.800.784.8669).
- ◆ **ONLINE** - Log on to NDQuits at
www.ndhealth.gov/ndquits.
- ◆ Get advice and support from trained
quit coaches. Find out the best
strategies for quitting, how to beat
the cravings and how to stay quit.
- ◆ Qualified **NDQuits** enrollees may
receive free nicotine patches, gum or
lozenges to help them with quitting.

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