

NDQuits

1.800.QUIT.NOW

www.ndhealth.gov/ndquits

Go ahead

Use **NDQuits**

Stop smoking

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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NORTH DAKOTA
DEPARTMENT of HEALTH