



Are **you** ready to
quit using tobacco?



1-800-QUIT-NOW
1 - 8 0 0 - 7 8 4 - 8 6 6 9

NC Tobacco Use Quitline
Talk with an expert Quit Coach
1-800-784-8669

8:00 a.m. — 3:00 a.m., 7 days a week
Quit Coaches available in many languages.
All calls are free and confidential.
TTY 1-877-777-6534



Call us. **You can quit.**
We can help.