

Quit Line Toll-Free Numbers

1-800-QUIT-NOW (784-8669)

1-877-2NO-FUME (Spanish)

1-877-777-6534 (TTY)

Quit Line Hours

7 a.m. to 11 p.m. daily

If you call at other times, just leave a message.
A quit coach will call back within two business days.
Translators are available for most languages.



The Quit Line is free. It's supported by the
Wisconsin Department of Health.

We've helped 50,000 people just like you.

WiQuitLine.org

UW-CTRI

The Wisconsin Tobacco Quit Line is managed by the
UW Center for Tobacco Research and Intervention.

Are you ready to quit smoking?
For free?



1-800-QUIT-NOW

You can do this. We'll show you how.



1 You call the Quit Line.

2 A friendly coach gives you tips.

3 We'll send you free medications and materials.

4 They'll come in the mail. It's free.

You've probably tried to quit before. This time, call 1-800-QUIT-NOW.

You'll get free:

- Medications.
- Materials.
- Tips.
- Coaching.

It's private. No one will judge you.

Did you know? People who call the Quit Line have a better chance to quit. Much better than trying by themselves.



"Without the Quit Line, I could not have quit. They're for real. They care. My grandkids wanted me to take them to the park. I couldn't before. **Now I can.**"

— Shirley Reimer of Milwaukee, Quit Line caller

Are you ready to quit for free?
1-800-QUIT-NOW