

Are you ready to quit smoking?
For free?

You can quit. We can help.

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 for languages in addition to Spanish are available.

WiQuitLine.org

WISCONSIN TOBACCO
QuitLine
800-QUIT-NOW



1-800-QUIT-NOW

You call the Quit Line.



We send you free medications and materials.

A friendly coach gives you tips.



They come in the mail.
It's free.

The Quit Line has helped more than 50,000 people quit smoking or chewing. People like you.

UW-CTRI The Wisconsin Tobacco Quit Line is managed by the UW Center for Tobacco Research and Intervention. It is funded by the Wisconsin Department of Health and Family Services. The Quit Line has helped more than 50,000 people in Wisconsin since 2001.

Free call. Free medication. Free coaching.

Now get free medications.

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

- Medications.
- Tips.
- Coaching on how to quit.

You can quit. We can help.

Your quit coach will:

- Ask you about your smoking or chewing.
- Talk about how you've tried to quit before.
- Give you free tips.
- Help you make a plan.
- Mail you free medications.
- Mail free material on how to quit.
- Offer follow-up support.

This time, you'll be ready to deal with stress or cravings after you quit. You'll be ready to break free.

The Quit Line works.

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

— Shirley Reimer
Milwaukee, Quit Line caller



"Quitting smoking is hard. And the more help you get, the better. The Quit Line helped ease the transition from being a smoker to a non-smoker."

— Sharon Kelly
Quit Line caller, cancer survivor,
marathon runner



"This program is very helpful for me and others. I can breathe easier now that I've quit. I feel energized and a bit happier."

— Chung Cha Thao
Spoke to a Hmong interpreter
at the Quit Line



"Since I've quit, I've saved money and I feel great."

— London Scott Jr.
Milwaukee, Quit Line caller

Did you know?

People who call the Quit Line are four times more likely to quit smoking or chewing.

Quit Tip

Vary your routine. Take a walk first thing in the morning. Then, instead of smoking, eat a healthy breakfast.

Visit WiQuitLine.org to:

- Order free Quit Line materials.
- Get online help with quitting.
- Learn about the Fax to Quit program.
- Hear from people who called the Quit Line.

Call 1-800-QUIT-NOW