

Quit Line Toll-Free Numbers

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

1-877-2NO-FUME (Spanish)

1-877-777-6534 (TTY)

Available

24/7

Translators are available for most languages.

W I S C O N S I N T O B A C C O

QuitLine
800-QUIT-NOW

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

We've helped 170,000 people like you.

WiQuitLine.org

**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