Why you should call the Quit Line

Ready to quit?

If you are ready to quit, support is available by calling the Quit Line

1.877.270.STOP (7867)

or visit

www.quitnow.net/Georgia

Thinking about quitting?

Give the Quit Line a call and a coach will assist you through the process.

Have you tried quitting but need to try again?

If you quit but started smoking, vaping or using tobacco again, the Quit Line coaches can provide the support you need to get back on track.

Have you already quit and need additional support?

If you have already quit and would like additional support, the Quit Line is available to help you through the tough times.

Call or enroll online for your free Quit Kit + personalized quit plan.

GEORGIA DEPARTMENT OF PUBLIC HEALTH

For more information on tobacco prevention and cessation or to order more brochures contact the Georgia Department of Public Health at **tobaccoprevention@dph.ga.gov**

Ready to quit?

We're here to help.

Georgia Tobacco Quit Line

GEORGIA DEPARTMENT OF PUBLIC HEALTH

We receive over 10,000 calls a year for support in quitting smoking, vaping + using tobacco.

"I really like the tips from the coaches and the support as well. The coaches even call me. This is a great program. Thanks!"

"It was a very helpful phone call to get me started on the quitting process."

"So far so good. I'm making progress toward a quit date. Your coaches have been most helpful."

"It was an awesome and great experience."

"The coaches were considerate of my needs and fears and were very helpful. Not pushy or judgmental."

Calling the Quit Line

Who can call?

- Georgia residents 13 years and older who want to quit smoking, vaping or using tobacco
- Family members and friends who want to support a loved one trying to quit
- Healthcare professionals who want to support and provide information for patients
- Employers seeking quit support services for employees
- School staff seeking quit support services for students and co-workers

When can you call?

- Georgia residents can call the Quit Line **24 hours a day 7 days a week**

What happens when you call?

- Callers will be connected with an intake coordinator to register for services
- Registered callers will be transferred to a quit coach to assist in developing a personalized quit plan
- All callers who register have the following options:
    1. Personalized quit plan
    2. Quit materials mailed to them
    3. Telephone coaching support
    4. Text support through Text2Quit
    5. Online web enrollment and support
    6. Quit aids such as patches or gum for individuals 18 years and older who qualify
    7. Referrals to local community quit programs serving adults and youth

Take the first step

Call today!

1-877-270-STOP (English)
1-877-270-7867
1-877-2NO-FUME (Spanish)
1-877-266-3863

Hearing Impaired
TTYServices 1-877-777-6534