



Georgia Tobacco Quit Line

1-877-270-STOP (7867)

July 2015

The Georgia Tobacco Quit Line (GTQL)

The Georgia Tobacco Quit Line (GTQL) is **FREE**, confidential and effective services available to assist Georgia tobacco users make a quit attempt. The GTQL provides telephone and web-based counseling services in accordance with the United States Public Health Service Treating Tobacco Use and Dependence Clinical Practice Guidelines.

Benefits of Calling the GTQL:

- ❖ Highly effective. Quit coaches improve the chances of quitting by 50%.
- ❖ Receive helpful quitting tips/techniques and support.
- ❖ Eliminates barriers of traditional cessation classes such as, waiting for a class to be held or having to drive to a location in order to be in a class.
- ❖ Provides easy access for people who live in rural or remote areas.
- ❖ Empowers callers who may feel uncomfortable with seeking help in a group setting.

Referring to the GTQL: Georgia cAARds Program: Ask, Advise, and Refer with Follow-up:

- **Ask** all patients about tobacco use during each visit
- **Advise** them about the benefits of tobacco cessation
- **Refer** them to the Georgia Tobacco Quit Line for a free “Quit Kit”, individualized plan and behavioral counseling : 1-877-270- STOP
- **Complete** the Georgia Tobacco Quit Line fax Referral Form with the patient
[GTQL Fax Referral Form](#) can be downloaded from [DPH's website](#)
- **Inform** the patient they will be contacted by a Georgia Tobacco Quit Like staff member within 48 hours or less

Services Provided by the GTQL:

- I. Confidential, professional tobacco cessation telephone & web-based counseling to Georgia tobacco users aged 13 years and older
- II. 5-call program available to all Georgians
 - a. 1 Registration Call
 - b. 4 Proactive Counseling calls with a professional Quit Coach: *1 day after the set quit date, 1 week after the set quit date, follow calls 2-3 weeks thereafter*
- III. 10-call specialty program available to pregnant and postpartum women
- IV. Cessation services that address the use of all tobacco products, including smokeless tobacco products.
- V. Qualified interpreters work with specialists to accommodate callers who speak different languages.
- VI. Referral to community resources
- VII. a FREE, 4-week supply of Nicotine Replacement Therapies (NRTs), (gum or patch) available to Georgia adults aged 18 years and older. **While supplies last*

Free training on the Georgia cAARds Program:

Engaging Tobacco Users: Tips for Health Care Providers in Georgia

www.GAtobaccointervention.org

Georgia Tobacco Quit Line: 1-877-270-STOP (7867)

Spanish: 1-855 DEJELO-YA (335-35692)

Hearing Impaired: 1-877-777-6534

Open 24 hours/ 7 days a week