

Why you should contact the Quit Line

Ready to quit?

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

1.877.270.STOP (7867)

or text

READY to 34191 (English)

LISTO to 34191 (Spanish)

or visit

www.quitnow.net/Georgia

Thinking about quitting?

Contact the Quit Line and a coach will assist you.

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



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.



24/7
SUPPORT

Georgia Tobacco Quit Line



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."



Contacting the Quit Line

Who can contact the Quit Line?

- 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

Georgia Quit Line Live Vape-Free

- Services for youth and young adults 13-26
- Register at livevapefree.com to get started

When can you contact the Quit Line?

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

What happens when you contact the Quit Line?

- Georgians will be connected with an intake coordinator to register for services
- Registered participants will be transferred to a quit coach to assist in developing a personalized quit plan

Registered participants have access to:

1. Services in English, Spanish, and the translation of over 200 languages
2. Phone line for the hearing impaired
3. Personalized quit plan
4. Referrals to community quit programs serving adults and youth
5. Extended support for pregnant and postpartum women
6. Quit materials by mail
7. Telephone coaching
8. Text support through Text2Quit
9. Online web enrollment and support
10. Quit aids such as patches or gum for individuals 18 years and older who qualify

Connect today

1-877-270-STOP (English)

1-877-270-7867

1-877-2NO-FUME (Spanish)

1-877-266-3863

Text READY to 34191 (English)

Text LISTO to 34191 (Spanish)

Enroll online at
Quitnow.net/Georgia

Hearing Impaired
TTYServices 1-877-777-6534