



1.800.QUIT.NOW

Free Quitting Services

Utah Tobacco Quit Line and Online Coaching

Quitting tobacco isn't easy. If you or someone you know uses tobacco, the Utah Tobacco Quit Line and online coaching can help. People who use one or both of these services are more likely to kick the habit once and for all.

The Utah Tobacco Quit Line and Online Coaching

Most people who smoke want to quit. Call the Quit Line or go online. It's confidential and FREE!

English: 1.800.QUIT.NOW (1-800-784-8669)

Spanish: 1-855-DÉJELO-YA (1-855-335-3569)

TTY: 1.877.777.6534

Hours of operation: 24 hours a day, 7 days a week, except for major holidays

www.UtahQuitNow.org

Research shows that telephone counseling and online coaching are some of the most effective ways to help people quit smoking or chewing tobacco. Assistance is available on the person's own terms and timetable. It puts critical support no farther away than a person's phone or computer.

When a person calls the Utah Tobacco Quit Line, they can:

- Talk with a trained coach who will help them develop a personalized quit plan, and guide them through the quitting process.
- Receive up to five individually tailored sessions with a coach.
- Get a self-help booklet and information about online resources.
- Opt in for text messaging reminders and support
- Receive information about how to help a friend or family member to quit.
- Be able to discuss options for medications, including free Nicotine Replacement Therapy to eligible callers (youth are not eligible for NRT).

When a person goes online to UtahQuitNow.org, they can:

- Get a personalized quit plan just for them.
- Receive guided processes for setting a quit date, conquering urges, choosing a medication, or getting social support.
- Participate in interactive lessons, worksheets, videos, articles, and podcasts.
- Track progress and monetary savings.

Quit Line and online coaching services are completely confidential and available in English and Spanish. Translation is also available into more than a hundred other languages for phone calls. All services are free to Utah residents.

Free promotional materials may be available at your local health department. For more information, go to waytoquit.org, call the Tobacco Free Resource line at 1-877-220-3466, or e-mail waytoquit@utah.gov.