



Free, Friendly...and It Really Works

About the Maine Tobacco Helpline...

- It's a free and confidential program to help people quit tobacco use.
- You don't need to be 100% sure you want to quit.
- It can help you come up with a plan for quitting tobacco.
- It gives you support in staying on track with your plan.
- It provides encouragement and help if things get rough.
- The Helpline makes quitting tobacco easier!

Why should I use the Helpline?

- People who use the Helpline are two-to-three times more likely to quit than those who try without help.
- A chance to talk with a kind, non-judgmental and friendly person about your tobacco use.
- The Helpline offers free nicotine patch, gum or lozenge for up to 8 weeks for eligible callers!*

What's it like? What happens?

- Your clinician faxes in your form stating you would like the Helpline to call you.
- The Helpline will try calling you. If you cannot be reached, the Helpline will call you an additional 4 times to try to reach you.
- In the first call, you will be asked some questions about your current tobacco use. You will be offered the opportunity to stay on the line and begin your first counseling call. Otherwise, the Helpline will call you back for your counseling session.
- A counseling session generally takes between 10 and 20 minutes.
- You are offered 4 counseling calls from the Helpline. You can call in as many times as you wish.

*Note that members of MaineCare are not eligible to receive medication from the Helpline but the Helpline can help you access your benefit.

MaineHealth
Center for Tobacco
Independence