

FREE HELP TO QUIT SMOKING

THINKING ABOUT QUITTING?
LET US HELP.



Quitting is a process. For some people, it can take many tries to quit. The Maine QuitLink can make it easier to quit for good.

MAINE
QUITLINK
1-800-QUIT-NOW

WHO IS IT FOR?

- Anyone thinking about quitting smoking, vaping, or other tobacco use.
- People who want to help a friend or family member quit.

WHAT HAPPENS WHEN I CONNECT?

- We'll ask questions to see what kind of help you need.
- We'll work with you based on where you are at in your process.
- We'll make a plan just for you and help you cope with urges.
- We'll give free quit medication (including nicotine patches or gum) to residents.

WHY SHOULD I CONNECT?

- Registration is easy and you can complete by phone or online.
- You can pick the program that is right for you – including phone coaching, web coaching, or individual services.
- We offer positive, supportive messages, and want you to succeed. We won't pressure you or put you down.
- **You can increase your chance of success. It is free, confidential, and works two to three times better than quitting alone.**

YOU CAN DO IT.

MAINE
QUITLINK.COM
1-800-QUIT-NOW



References to tobacco in this document refer to commercial tobacco use, not the sacred and traditional tobacco used by American Indian communities.