

Don't Just Quit, Become a Non-Smoker.

Quitting smoking is not easy.

But if you're ready, the Oregon Tobacco Quitline can help.

Free

- Personalized coaching
- Your own quit plan
- Phone and online help to quit all forms of tobacco
- Nicotine patches or gum for eligible callers



Connect to the Oregon Tobacco Quitline
free from anywhere in Oregon:

1-800-QUIT-NOW (1-800-784-8669)

Español: 1-877-2NO-FUME (1-877-266-3863)

TTY: 1-877-777-6534

Or register online at: www.quitnow.net/oregon/



SMOKEFREE
oregon