

Tobacco Quit Line



Receive **Two Weeks of Patches Free!**
Oregon Residents only.
Supplies are limited so call today!

1. **Call 1-877-270-7867, 7 Days a Week 7:00A.M.-11:00P.M.**
2. **Receive one telephone counseling session.**
3. **Receive two weeks of patches in the mail.**
4. **www.UTAHQUITNET.COM**

Do you smoke cigarettes, cigars, or pipes? Chew tobacco? If you do and want to stop, or are thinking about it, the quit line is here to help. You may have tried quitting before. Maybe even more than once. Don't worry!

That's why we developed the Washington State Tobacco Quit Line. To help you successfully quit. The Web site provides tips to help you quit and all the information you need to know about calling the quit line. You can learn about our cessation specialists who are ready to help you and hear a sample call. Check out the information below for phone numbers, hours and what to expect once you dial. After that, it's your call.

**Quit Line phone numbers: 1-877-270-STOP
(1-877-270-7867)**

Becoming tobacco-free takes practice. In fact, most people try several times before they give up tobacco for good.