

# NO JUDGMENTS. JUST HELP.

GET FREE SUPPORT FROM THE OKLAHOMA TOBACCO HELPLINE.

Thinking about quitting? FREE tools and nonjudgmental support are available to you 24/7 through the Oklahoma Tobacco Helpline.

## HOW CAN THE HELPLINE HELP YOU?

Thousands of Oklahomans have quit tobacco through the Oklahoma Tobacco Helpline. People who use the Helpline in combination with nicotine patches, gum or lozenges double their chances for success. Our trained Quit Coaches offer positive encouragement and nonjudgmental support to help you — no matter where you are in your journey.

### Getting started is simple.

- Call 1-800-QUIT NOW or visit [OKhelpline.com](http://OKhelpline.com) for free text and email support, phone and web coaching, patches, gum or lozenges and more.
- You'll talk to a registration specialist for about 10-15 minutes. Then you'll be transferred to a Quit Coach™.
- You should receive your nicotine replacement therapy in 10-14 business days.
- If a Quit Coach calls you, 1-800-784-8669 will appear on your mobile and 1-800-QUIT NOW on your landline caller ID.

## WE'RE AVAILABLE 24/7.

The Helpline provides around-the-clock services in many languages, including services for the hearing impaired. We offer customized Quit Plans, a web-based community for discussions and trackers to measure your progress and financial savings.



Call **1-800-QUIT NOW** to get the free help you've been waiting for.

Not ready to sign up yet? No pressure.

Visit **OKhelpline.com** for tips, tools and information.



1-855-DÉJELO-YA **Spanish**  
1-877-777-6534 **TTY**



Partners:

