

# Quitting Tobacco Has Rough Patches. We Have FREE Ones.

Get **FREE** Services through the Oklahoma Tobacco Helpline.

- Patches, gum or lozenges
- Quit Coaching
- Text, email and web support

If you're thinking about quitting, call 1-800-QUIT NOW or visit [OKhelpline.com](http://OKhelpline.com).

**NO JUDGMENTS. JUST HELP.**



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