



Partner Kit:  
The Great American Smokeout

November 16, 2023

### How To Use This Toolkit

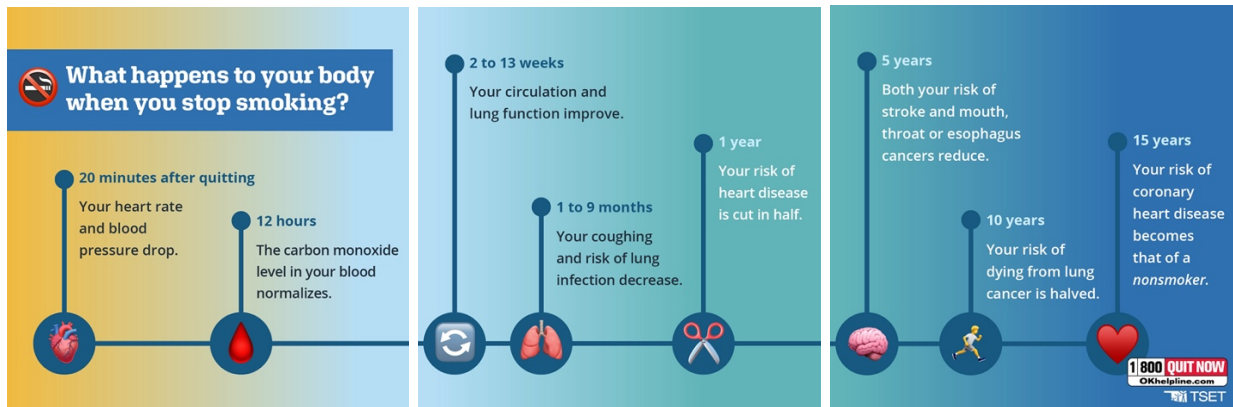
1. Review the materials promoting the free services from the Oklahoma Tobacco Helpline below. Plan to post them in the weeks leading up to the Great American Smokeout on November 16.
2. Download your desired hi-res images [here](#).
3. When sharing posts to your social channels, feel free to use the messages and imagery from this toolkit as is — or adapt any wording or style to better fit your audiences and brand voice.

[Download Image Files Here](#)



**Post 1**

Be part of a movement! Join the thousands who are quitting tobacco nationwide during the Great American Smokeout on November 16. Are you in? Call 1-800-QUIT NOW or sign up at [OKhelpline.com](http://OKhelpline.com) for FREE patches, gum or lozenges.



## Post 2

Thinking about quitting smoking? Your body will start reaping the benefits almost immediately! Consider making the Great American Smokeout on November 16 your quit date and sign up for FREE tools and support from the Oklahoma Tobacco Helpline. <https://bit.ly/3Mya28r>

 **When you feel like picking up a cigarette ...  
color or do crossword puzzles.**

 **When you feel a craving coming on ...  
roll out the yoga mat to get moving.**

 **When the smell of smoke tempts you ...  
go for a walk to get some fresh air.**

 **When you feel irritable or angry ...  
get creative in the kitchen.**

**1 800 QUIT NOW**  
OKhelpline.com  
TSET

### Post 3

Are you quitting tobacco for the Great American Smokeout on November 16? Save these tips from the Oklahoma Tobacco Helpline!



Quit tobacco. Join the movement.

**Post 4**

On November 16 during the Great American Smokeout, join the thousands of Oklahomans who have quit smoking with the Oklahoma Tobacco Helpline. Call 1-800-QUIT NOW or visit [OKhelpline.com](http://OKhelpline.com) to sign up for FREE tools and support.

 **Go for a walk**

 **Meditate**

 **Learn to knit**

 **Spoil your pets**

 **Read a book**

 **Cook a new recipe**

 **Plant an herb garden**

**7 Things To Do That  
Don't Involve Tobacco**

**1 800 QUIT NOW**  
OKhelpline.com

 **TSET**

**Post 5**

Thinking about quitting tobacco this month? Here are some fun, smokefree activities to fill your time and keep your mind off cravings.



## Quit Tobacco With the Helpline

### Post 6

The great thing about the Great American Smokeout? You don't have to quit tobacco alone. Call 1-800-QUIT NOW or visit [OKhelpline.com](http://OKhelpline.com) for FREE help from the Oklahoma Tobacco Helpline.



**Post 7**

Your motivation combined with free support from the Oklahoma Tobacco Helpline? Tobacco won't stand a chance! To sign up, call 1-800-QUIT NOW or visit [OKhelpline.com](http://OKhelpline.com) — and schedule your quit date for November 16, the Great American Smokeout.





**Post 8**

Want to quit tobacco alongside thousands of other Americans? The Oklahoma Tobacco Helpline has the free tools to build your tobacco-free future. Call 1-800-QUIT NOW or visit [OKhelpline.com](http://OKhelpline.com) to set your quit date for the Great American Smokeout on November 16.



**Post 9**

Dedication? You've got that covered. FREE nicotine replacement therapy & Coach support? The Oklahoma Tobacco Helpline has your back! Sign up at 1-800-QUIT NOW or OKhelpline.com.



**Quit tobacco on  
YOUR terms.**

**Post 10**

With nonjudgmental Coaching available 24/7, personalized help is never far away. To learn more about the Oklahoma Tobacco Helpline, call 1-800-QUIT NOW or visit [OKhelpline.com](http://OKhelpline.com).



**Post 11**

One day. Millions of lives changed. Quit tobacco during the Great American Smokeout on November 16. Call 1-800-QUIT NOW or visit [OKhelpline.com](http://OKhelpline.com) for FREE support from the Oklahoma Tobacco Helpline.



### Post 12

Mark your calendars! On November 16, join the powerful movement that's inspired thousands of Americans to quit smoking. The Great American Smokeout is a reminder that quitting tobacco doesn't have to be a solo journey. If you're thinking about quitting, call the Oklahoma Tobacco Helpline at 1-800-QUIT NOW or visit [OKhelpline.com](http://OKhelpline.com) to sign up for FREE tools and support.



### Post 13

For a limited time, the Oklahoma Tobacco Helpline is offering 8 weeks of gum, patches or lozenges for FREE. The offer expires November 30, so act fast! You don't want to miss out on 4x the quit support. To take advantage of this special promotion, call 1-800-QUIT NOW or visit [OKhelpline.com](http://OKhelpline.com).



#### Post 14

Did you know people who smoke are 30-40% more likely to develop Type 2 diabetes? This November, make a healthy change by quitting tobacco during the Great American Smokeout on November 16!

[Download Image Files Here](#)