

# NO JUDGMENTS. JUST HELP.

FREE SUPPORT IS HERE FOR YOU.

The Oklahoma Tobacco Helpline is a FREE service available 24/7. We're not here to lecture or judge. We simply provide the tools and support you need to quit tobacco your own way.

## HOW CAN THE HELPLINE HELP YOU?

- Flexible, customizable services to help you develop a Quit Plan
- Helpful emails, supportive text messages and other services
- At least a two-week supply of free patches, gum or lozenges

Oklahoma Tobacco Helpline	
<b>1 800</b>	<b>QUIT NOW</b>
1-800-784-8669	OKhelpline.com

1-855-DÉJELO-YA **Spanish**  
1-877-777-6534 **TTY**  
1-866-748-2436 **Video Relay**  
Ask for direct VP number



Partners:



U.S. Centers  
for Disease  
Control

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