# 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
**1 800 QUIT NOW**
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

TSET

Partners:
Oklahoma State Department of Health
U.S. Centers for Disease Control

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