

# 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



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



Partners:



U.S. Centers  
for Disease  
Control