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 1-866-748-2436 Video Relav Ask for direct VP number





