



## **Oklahoma Tobacco Helpline Partner Kit – Great American Smokeout 2022 November 17, 2022**

### **How to Use This Toolkit**

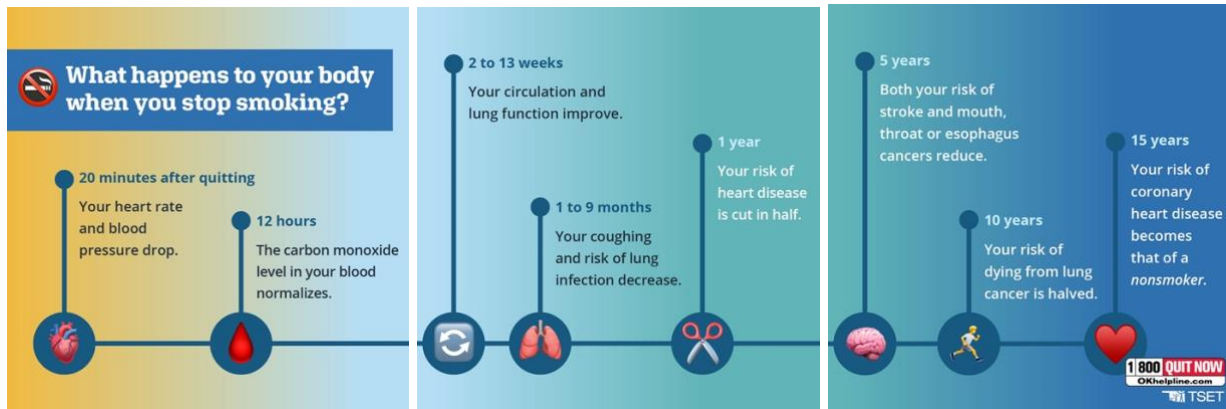
1. Review the materials below promoting the free services offered by the Oklahoma Tobacco Helpline. Plan to post them in the weeks leading up to the Great American Smokeout on November 17.
2. Download desired hi-res images [here](#).
3. When sharing posts to your social channels, feel free to use the 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 – Facebook or Instagram**

Be part of a movement! Join thousands who are quitting tobacco nationwide during the Great American Smokeout on November 17. 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 – Facebook or Instagram (multiple images for one post)**

Thinking about quitting smoking? Your body will start reaping the benefits almost immediately! Consider making the Great American Smokeout on November 17 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.

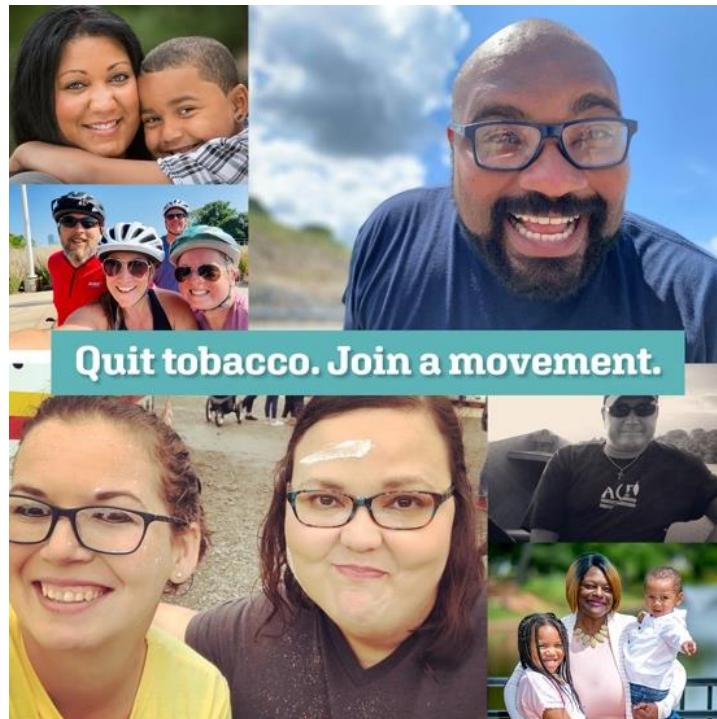
 When you feel irritable or angry ...  
Get creative in the kitchen.

**1 800 QUIT NOW**  
OKhelpline.com

 TSET

**Post 3 – Facebook, Instagram or Twitter**

Are you quitting tobacco for the Great American Smokeout on November 17? Save these tips from the Oklahoma Tobacco Helpline!



**Post 4 – Facebook or Instagram**

On November 17 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.

## 20 Things to Do That Don't Involve Tobacco

- 🚶 Walk around the park
- 🧘 Meditate
- 🏈 Attend a high school football game
- ✍️ Color a page
- 🌳 Plan a trip to a state park
- 🚲 Ride a bike
- 🏋️ Hit up a free fitness class
- 🧩 Solve a puzzle
- 🌱 Plant a garden
- 🦒 Visit the zoo
- 📖 Start a new book series
- 👋 Volunteer in your community
- 🥾 Go for a hike
- 🍳 Cook your favorite healthy meal
- 🏛️ Tour a museum
- 🎮 Host a game night
- ✂️ Try a new craft
- 📷 Be a tourist in your own city
- 🏠 Join a committee at your kids' school
- 🐾 Spoil your pets

**1 800 QUIT NOW**  
OKhelpline.com

 TSET

### Post 5 – Facebook or Instagram

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 – Twitter or Facebook**

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 Oklahoma Tobacco Helpline.



## Quit Tobacco & Take Back Your Health

**1 800 QUIT NOW**  
OKhelpline.com

TSET

### **Post 7 – Twitter or Facebook**

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](https://www.okhelpline.com) — and schedule your quit date for November 17, the 2022 Great American Smokeout.



A close-up photograph of a person's hands holding a smartphone. The person is wearing a white shirt. A blue rectangular box with white text is overlaid on the top half of the image. In the bottom right corner, there is a logo for '1 800 QUIT NOW' with the website 'OKhelpline.com' and the 'TSET' logo below it.

## Get FREE Resources to Quit Tobacco

**1 800 QUIT NOW**  
OKhelpline.com

 TSET

### **Post 8 – Twitter or Facebook**

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 17.

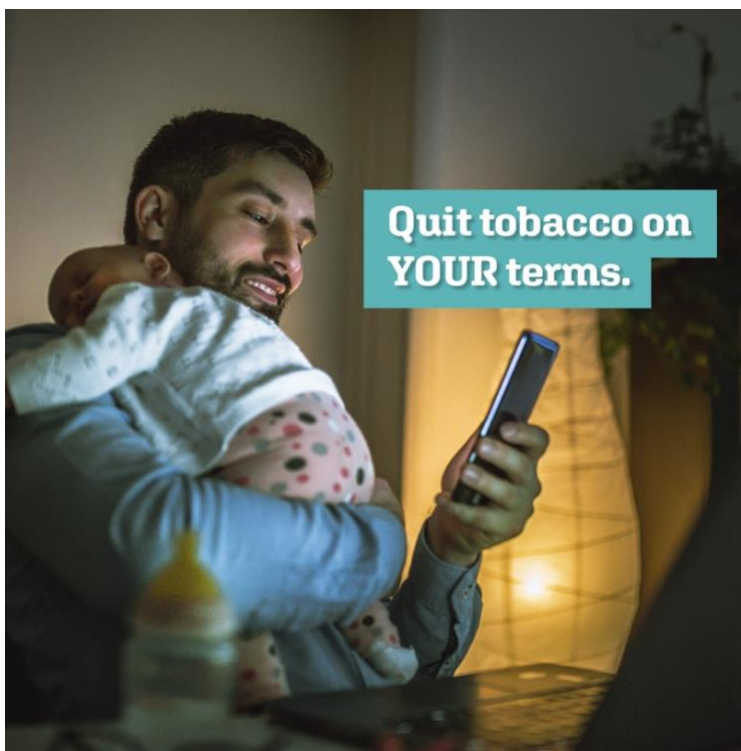
**Get the tools to quit tobacco.**

**1 800 QUIT NOW**  
OKhelpline.com

TSET

**Post 9 – Twitter or Facebook**

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



**Post 10 – Facebook or Instagram**

With nonjudgmental quit coaching available 24/7, personalized help is never far away. Learn more about the Oklahoma Tobacco Helpline at [1-800-QUIT NOW](https://www.1-800-QUIT-NOW.com) or [OKhelpline.com](https://www.OKhelpline.com).



**Post 11 – Facebook, Instagram or Twitter**

One day. Millions of lives changed. Quit tobacco for a day during the Great American Smokeout on Nov. 17. Call 1-800-QUIT NOW or visit [OKhelpline.com](http://OKhelpline.com) for FREE support from the Oklahoma Tobacco Helpline.



**Post 12 – Facebook or Instagram**

Mark your calendars! On November 17, join the powerful movement that’s inspired thousands of Americans to quit smoking. The Great American Smokeout is a reminder that quitting tobacco is NOT 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 – Facebook or Twitter**

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.



**Post 14 – Facebook or Twitter**

Looking for a “cheat code” on your quest to quit tobacco? The Helpline has guided more than 470,000 Oklahomans along their journey to a tobacco-free life. For a limited time, the Helpline is offering 8 weeks of FREE patches, gum or lozenges to help you conquer your cravings and crush your goals. Power up by calling 1-800-QUIT NOW or visiting OKhelpline.com.

[Download Image Files Here](#)