



# QUITLINENC

**Quitting can be hard. But you can double your chances of quitting for good by calling QuitlineNC.**

**THE BEST WAY TO QUIT IS A PHONE CALL WAY.**

## WHAT IS QUITLINENC?



QuitlineNC offers **free**, private coaching over the phone to help you stop smoking or dipping.

## HOW DOES IT WORK?

QuitlineNC is **simple**.

When you are ready to stop smoking, dipping or just have a question about quitting soon, give QuitlineNC a call and you will be linked to a Quit Coach. QuitlineNC will provide up to three follow-up calls (total of four calls). If you still need help, ask. More follow-up calls are available.

## WHAT IS A QUIT COACH?

They don't call them "coaches" for nothing. A Quit Coach is someone who has helped many people quit and knows how tough it can be. You're the key player, but your quit coach is trained to provide you with the tools you need to quit for good.

## HOW CAN A QUIT COACH HELP ME?

Together, you and your coach will make a plan that works for you. Your Quit Coach will be there to help you stick with it and even give you tips and advice to help along the way.



## WHEN CAN I CALL?

You can call your Quit Coach anytime—when you have a craving, when you are having a stressful day or when you just need to talk. If you like, your Quit Coach can even call you.

QuitlineNC is here to listen and help you to quit for good from 8 a.m. until 3 a.m., seven days a week .



**Did you know that Quit Coaching is available in Spanish and other languages?**

**Just call and ask.**

If you or someone you know wants to quit smoking or dipping, please call:  
1-800-784-8669



**1-800-QUIT-NOW**

**About the NC Health and Wellness Trust Fund:**

The NC Health and Wellness Trust Fund makes North Carolina stronger, both physically and economically, by funding programs that promote preventive health. Created by the General Assembly in 2000 to allocate a portion of North Carolina's share of the national tobacco settlement, HWTF has invested \$199 million to support preventive health initiatives and \$102 million to fund prescription drug assistance programs.

For more information, please visit:  
[www.HealthWellNC.com](http://www.HealthWellNC.com)



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