# GET HOOKED ON QUITTING

The Quitline has helped tens of thousands of Washingtonians quit smoking, vaping, and using other tobacco products.

### WASHINGTON STATE QUITLINE

**If you've been unsuccessful in past attempts to quit, don't give up.** In fact, the more times you try to quit, the more likely it is that you'll quit for good on your next try. And you can double your odds of quitting when you contact the Washington State Quitline. Between one-on-one counseling with a Quit Coach<sup>®</sup>, a personal quit plan, access to medication, text messages to cheer you on and follow-up calls to keep you on track, you'll have the free resources and support you need to quit for good.

#### Start Quitting Today!

Visit Quitline.com text READY to 34191 or call 1-800-QUIT-NOW



## (1-800-784-8669)

#### WASHINGTON STATE QUITLINE

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