

# Find your **FREEDOM**

Smoking and vaping are expensive,  
but you can quit for free.

WASHINGTON STATE QUITLINE



Text **READY** to 34191 or  
**Call 1-800-QUIT-NOW**

1-800-784-8669

*Turn this card over to learn how  
you can double your chances of quitting.*



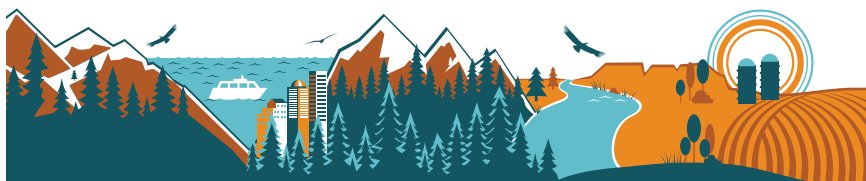
# *The Quitline makes* **QUITTING EASIER**

Quitting smoking, vaping, or other commercial tobacco use is hard because the nicotine in these products is extremely addictive. However, the more times you try to quit, the more likely you will quit for good on your next try.

## **How can the Quitline help?**

The Quitline can connect you with free quitting resources, like a quit kit, medication, and a personal Quit Coach. Quit Coaches work with you to set up a quit plan, provide one-on-one support over the phone, explain how to use nicotine replacement therapy (like nicotine patches), and schedule follow-up calls to help you stay on track. You can also sign up for supportive text messages and web-based support.

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**Call 1-800-QUIT-NOW**  
**(1-800-784-8669)**



## **Not ready just yet?**

That's okay! The Quitline is open 24 hours per day, seven days per week, and will be ready when you are. In the meantime, be sure to check out [quitline.com](http://quitline.com), or these other free resources:

- Smartphone app – Go to [doh.wa.gov/quit](http://doh.wa.gov/quit)
- Web-based support – Go to [smokefree.gov](http://smokefree.gov)
- Text-to-quit vaping program for teens and young adults – Text DITCHVAPE to 88709

**QUITLINE.COM**



DOH 340-365 February 2023

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).