



What is QuitlineNC?

QuitlineNC is free help for people in North Carolina who want to quit using all types of tobacco.

Call 1-800-QUIT- NOW (1-800-784-8669), text READY to 200-400 or visit www.quitlinenc.com for more information or to get help quitting tobacco.

How does QuitlineNC work?

When you sign-up for QuitlineNC, you will talk with an expert Quit Coach. We know what you're going through. We don't nag or lecture. We help you feel more confident about quitting for good. There are different ways to quit.

Trained Quit Coaches help you plan to quit and give you skills to help you quit.

Coaching calls take about 15-20 minutes. Quit Coaches will call you at times that work for you during your pregnancy and even after your baby is born!

QuitlineNC Quit Coaches will help you:

- Set a quit date.
- Learn how to talk to your doctor about medications.
- Tobacco-proof your home and car.
- Learn skills to help with urges to use tobacco.
- Build a support system to help you quit and stay quit after your baby arrives.

You will get free materials in the mail with tips and tricks for quitting and access to Web Coach and Text2Quit!



24 hours a day / 7 days a week

QuitlineNC is free and confidential.



QuitlineNC.com • 1-800-QUIT-NOW



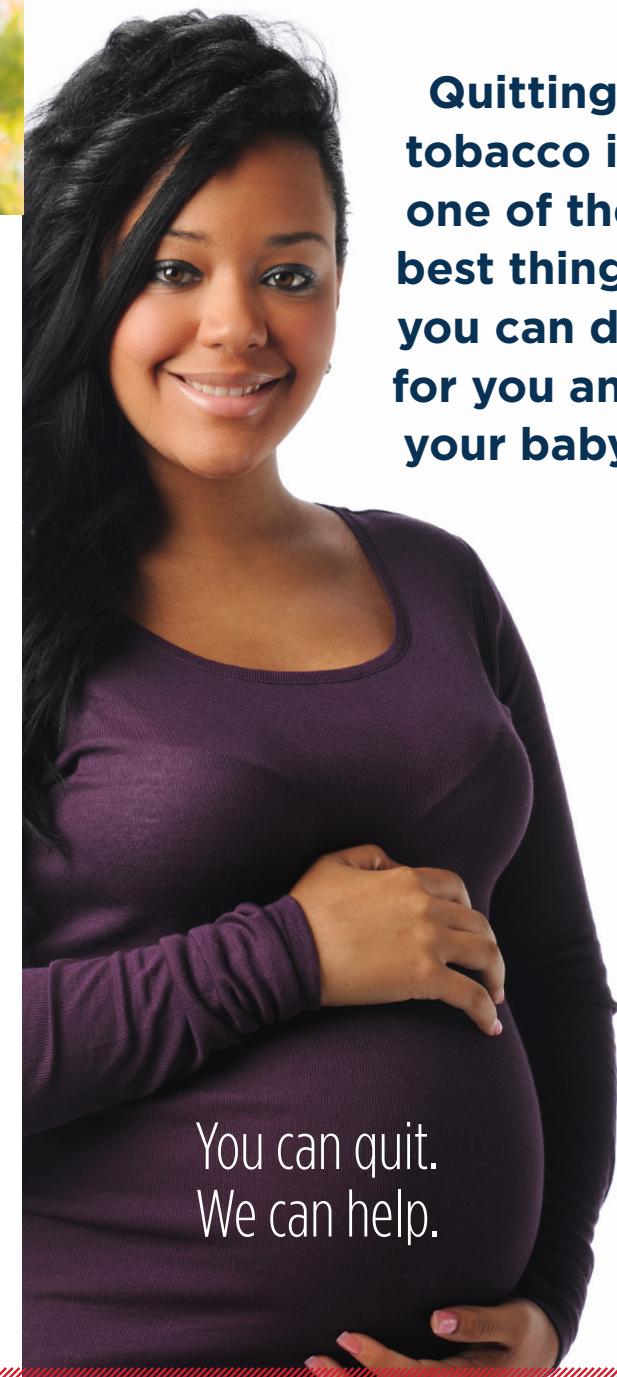
NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health

NC Department of Health and Human Services
Division of Public Health
Tobacco Prevention & Control Branch
1932 Mail Service Center, Raleigh, NC 27699
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www.tobaccopreventionandcontrol.ncdhs.gov

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Quitting tobacco is one of the best things you can do for you and your baby.



You can quit.
We can help.



Why Quit Now?

It is never too late to quit tobacco!

Quitting tobacco during pregnancy will help your baby by:



Promoting healthier brain development



Lowering risk of miscarriage, stillbirth and Sudden Infant Death Syndrome (SIDS)



Lowering risk of being born too small or too early



Lowering risk of coughs, colds and ear infections



Lowering risk of asthma



Lowering risk of cancer, diabetes and heart disease when your baby grows up

Help to Cope with Stress

Many people smoke, vape or dip to deal with stress or sadness. But did you know that tobacco use also causes anxiety and sadness? That's because any time you are not using tobacco, even for a short time, your body experiences nicotine withdrawal, which is stressful. Studies show that when you quit for good, your mood and anxiety improve in the long run. Quit coaches can help you find ways to handle tough situations, like when you are feeling stressed.



Web Coach

Web Coach is free online help with more than 25,000 active members. With Web Coach you can:

- Get ready to quit with online activities,
- Watch videos,
- Track your quitting progress, and
- Talk with others like you who are trying to quit or have quit.



Text2Quit

Text2Quit sends text messages to your phone. The messages are personalized for you and your quit date and include:

- Coaching Call reminders,
- Tips and games to help with urges,
- Mobile tracking of your tobacco use/your urges, and
- The money you're saving.

“I have been quit for two years. If anyone can quit after all I have been through and stay quit, it is pretty amazing.”

**- Anonymous
QuitlineNC Participant**

How to Sign-up

Call 1-800-QUIT-NOW (1-800-784-8669) or
Text READY to 200-400 or
visit www.quitlinenc.com

You can sign-up by phone, text or online 24 hours a day, seven days a week!

What to Expect

When you sign up for QuitlineNC, you will answer questions about yourself, your tobacco use and how ready you are to quit.

Signing up takes about 15-20 minutes by phone. After you are signed up, a trained Quit Coach will talk to you.