

Comments from NC residents WHO HAVE USED QUITLINENC

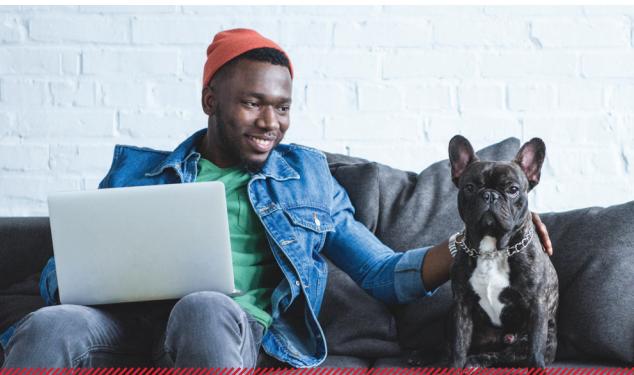
"This program has helped me! I've been smoking since I was 12 years old. I never thought that I would quit, but I have!"

"Nobody's pushy; nobody's judgmental; you don't make me feel bad. You're easy to talk to and encouraging."

"I can't express how much you all have meant to my quit attempt. I even had a slip, but the coaches helped me realize that it can be part of the process, and to not beat myself up, but instead to learn from it. And now I remind myself that, no matter what I'm going through, not only will the cigarette NOT make it better, it will actually make it worse."

"I had been skeptical about calling, but then I heard someone else's story of quitting through your program, and finally decided to call. ... I am sorry I didn't call sooner!"

"Your team has been so helpful with my journey, and I could not be happier! I can taste and smell my food better than I have in years! My circulation has improved greatly, and I actually feel like getting outside and being active, not worrying about getting winded!"



**24 hours a day / 7 days a week
QuitlineNC is free and confidential.**



QuitlineNC.com • 1-800-QUIT-NOW
1-855-Déjelo-Ya



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

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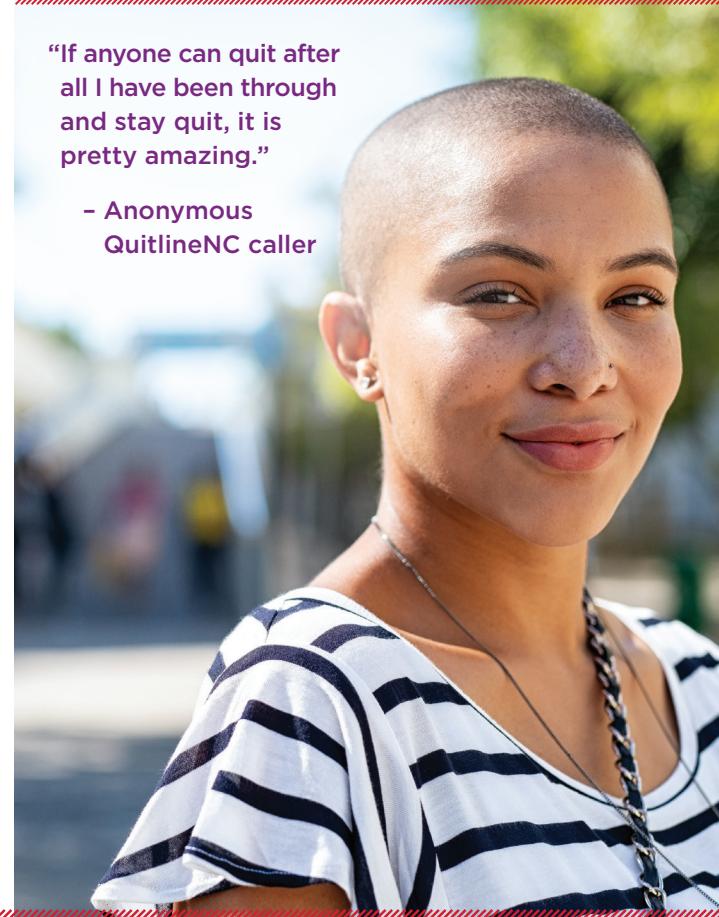


**Quitting tobacco can help
your mood and anxiety,
whether you smoke,
vape, chew, or dip**

You can quit. We can help.

"If anyone can quit after all I have been through and stay quit, it is pretty amazing."

**- Anonymous
QuitlineNC caller**



Should you join QuitlineNC?

Have you ever struggled with stress, mental health, or substance use? Has that made it hard for you to quit tobacco? If so, we can help you quit for good.

How can becoming tobacco free affect my mental health?

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 get better in the long run.

More mental health benefits of quitting:

- You'll experience less stress because you:
 - Have more money in your pocket,
 - Deal more easily with smoke-free and tobacco-free policies at work, in multi-unit housing and other places you go;
 - Breathe better; and
 - Feel pride in your achievement!
- If you're trying to stay drug or alcohol free, quitting tobacco makes it more likely you'll succeed.
- You might be able to lower your dose of certain mental health medications.

Use tobacco-nicotine goes to your brain

Anxiety, irritability, or sadness caused by nicotine withdrawal are relieved for a short while



Stress & Tobacco Cycle

You feel stressed, irritated, or sad from nicotine withdrawal, making you crave tobacco

After you're done using tobacco the nicotine starts to wear off...

How can QuitlineNC help?

We know ways to make quitting easier. We give you friendly support and practical tips that work. You'll get help that fits your needs. Everybody is different. The help we give is personalized for your situation. You may be eligible for nicotine patches, gum or lozenges at no cost.

QuitlineNC works. People who get help from the Quitline are more than three times as likely to quit for good. Our services are free, including the coaching and the quit guide. We respect your privacy. QuitlineNC help is confidential.

If you have a mental health or substance use disorder that makes it hard for you to quit, share that information when you contact QuitlineNC. We will match you with a Quit Coach who can help create a quit plan just for you.

Even if you're not ready to quit, contact us and we can help you think through your options.

Don't want to call? Enroll online if you do not want to talk to a Quit Coach. You can receive coaching through text and chat.

Have you tried to quit, and it didn't work? It can take more than one try to quit for good. Don't be discouraged. Contact us. We'll help you learn from your experience and make a new quit plan.

Have you already quit? We know it's hard for a while. If you need some help to stay tobacco free, we're here for you.



Call or web-enroll in QuitlineNC.

- Trained Tobacco Quit Coaches — English, Spanish and translation for more than 200 languages
- Receive coaching at times convenient for you.
- Texting and chat available for quit support
- You may be eligible for nicotine patches, gum or lozenges at no cost.

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. We'll help you make a quit plan that will work for you, including:

- Help you identify what triggers you to smoke, vape, dip or chew.
- Find ways to handle tough situations, like when you are feeling stressed.
- Talk about what has and has not worked plus new things you could try.
- Tell you about medications that can help you quit.
- Find more resources in your county to help you quit.