

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 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!”

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



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

1932 Mail Service Center, Raleigh, NC 27699
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Smoking
Vaping
Chewing
Dipping

QUITTING

**YOU
CAN
QUIT.
WE
CAN
HELP.**



Should you join QuitlineNC?

Whether you smoke, vape, dip or chew, we can help you quit for good.



We know ways to make it easier. We give you friendly support and practical tips that really 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 really works. People who get help from the Quitline are more than twice as likely to quit for good.

Our help is confidential and no cost to you. Our services are free, including coaching and the quit guide. We respect your privacy. All communication with QuitlineNC is confidential.

Are you ready to quit? Contact us, and we'll help you make a quit plan.

Are you not quite ready to quit? Contact us, and we'll help you get started.

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

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, please contact us.

Join 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.

Get help from 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 hasn't worked and new things you could try.
- Tell you about medications that can help you quit.
- Find more resources to help you quit in your county.



QUIT & CELEBRATE!