Thinking about quitting tobacco?

QUIT NOW New Hampshire can help you to quit, stay quit or just get information.

Coaching sessions are free and confidential to all NH residents.

Free Nicotine patches, gum and lozenges are available at no cost if you enroll in coaching sessions.

CALL: 1-800-QUIT-NOW/1-800-784-8669

VISIT: www.QuitNowNH.org

QUIT NOW
New Hampshire

Things You Should Know when you call 1-800-QUIT-NOW

- An automated menu asks you to choose a service.
- An Intake Specialist will ask you some basic questions and connect you with a Quit Coach.
- Specially trained Quit Coaches will help you re-learn life without tobacco.
- Quit Coaches are available from 7AM to 1AM so you can make coaching sessions fit into your life schedule.

Things You Should Know about www.QUITNOWNH.org

- There is a tab to sign up for a Quit Coach to call you. This call will show up on your phone as 1-800-784-8669.
- The Quit Coach will try to reach you within 1-2 days of signing up, so please be patient.
- The Quit Coach will try to reach you 3 times and will leave messages.
- The sign up form asks you if you would like to receive motivational text messaging.
- You can send the Quit Coaches success stories.
- You can write yourself a motivational letter on the "Dear Me, NH" tab.

Other Contact Options

Spanish: 1-800-833-5256

TTY/TTD: 1-800-833-1477

New Hampshire Department of Health and Human Services
Division of Public Health Services
Tobacco Prevention & Cessation Program