

Ready. Set. Quit.

No need to go it alone.

Check out these resources and get the assistance you need to be successful.

- **Nebraska Tobacco Quitline**

Call **1-800-QUIT-NOW (784-8669)** for free, confidential counseling from a trained Quit Coach. Spanish speakers can call **1-855-DÉJELO-YA (335-3569)**. In addition to telephone coaching, receive self-help materials and referrals to community programs. Quitline services are available 24/7 for all Nebraskans.

- **QuitNow.ne.gov**

Go to the Nebraska Tobacco Quitline website for information, support, encouragement and helpful links in one handy spot.

- **Web Coach**


Access motivational tools, social support and information about quitting tobacco. Web Coach is free for anyone enrolled in the Quitline program and can be found at **ne.quitlogix.org**.

- **Nebraska Tobacco Quitline on Facebook**

Stay connected with our Facebook network, @NebraskaTobaccoQuitline, to find tips, encouragement and other resources to support your quit while supporting others.

- **In-Person Support**

Opt for face-to-face assistance through a local cessation class. Go to **QuitNow.ne.gov**, scroll down to “Ways to Quit”, and click on “Nebraska Cessation Programs.” The resource provides locations and contact information for classes throughout the state.



NEBRASKA
TOBACCO
QUITLINE

QuitNow.ne.gov

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[Quitline services are available 24/7 in over 200 languages.]