

# 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. 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.

- **QuitNow Mobile App**

Get motivation and support wherever you go PLUS track the money saved since quitting and the days added back to your life. Find the app under “Ways to Quit” at **QuitNow.ne.gov**.

- **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 **quitnow.net/nebraska**.

- **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 “Ways to Quit” at **QuitNow.ne.gov** to find the Tobacco Cessation Programs list. The resource provides locations and contact information for classes throughout the state.

**QuitNow.ne.gov | 1-800-QUIT-NOW (784-8669)**

[ Quitline services are available 24/7 in 170 languages. ]

**NEBRASKA  
TOBACCO  
QUITLINE**