



Nebraska Cessation Resources

Are you ready to quit, but don't know where to start? Check out these resources to help you get started and be successful.



Nebraska Tobacco Quitline

The Nebraska Tobacco Quitline, 1-800-784-8669, is a free & confidential service to all Nebraskans. The Quitline is answered by trained quit coaches that can help you when you're ready to quit. During your first call you'll be given a choice of services, including: telephone coaching; self-help materials; referrals to community programs or a combination of all three. All calls are answered live 24/7. Quit coaches are available for coaching Monday through Sunday, 7 a.m. to 2 a.m.



QuitNow.ne.gov

This is the Website for the Nebraska Tobacco Quitline. On the site, you'll find a number of resources and links to give you information, support and encouragement. Bookmark the site and visit it often!



Web Coach

Web Coach is an application that offers motivational tools, social support, and information about quitting tobacco. It's available free of charge to any tobacco user who enrolls in the Nebraska Tobacco Quitline.



Smoke-Free Counter on Facebook

If you're on Facebook ... and nowadays it seems like almost everyone is ... check out the Smoke-Free Counter application. The app lets you track the number of days that you've successfully not smoked. It can send updates to your friends so they can help support your new lifestyle change and connects you to a supportive, larger community of other people who are trying to quit tobacco. <http://www.facebook.com/smokefreecounter>



Text Messages

On the go a lot? Then text messaging may fit the bill for you. Sign-up to receive text messages (2-3 a month) to help keep you on track as you try to quit using tobacco. Simply text IMREADY to 39649 to get started. *Your information won't be shared and you can opt-out at any time. Standard texting rates will apply.*



Community Resources

Sometimes face-to-face is the best way to go. If you prefer getting your support face-to-face from others, a cessation class in your local — or neighboring — community may be for you. Check out the cessation classes available in Nebraska at: <http://bit.ly/NEQuitPrograms>.

October 2010

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QuitNow.ne.gov | 1-800-QUIT-NOW