

NEBRASKA
TOBACCO
QUITLINE

1-800-QUIT-NOW
1-855-DEJEL0-VYA
QuitNow.ne.gov

Get help from the Nebraska
Tobacco Quitline.
You don't have to do it alone.

Quitting tobacco is one
of the best things you
can do for your health.

NEBRASKA
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QUITLINE

**You were
referred**

DATE REFERRED

Quitline is going to call you within 24 hours.

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You want to quit, we can help!

What you need to do:

- Remember to answer your phone - the Quitline will call within the next 24 hours
 - ▶ If you've missed their call, you can call 1-800-QUIT-NOW (784-8669)
- Register with the program
- Get connected to a quit coach

Your quit coach will:

- Help you make a quit plan
- Provide support when you need it
- Help you access quit medication

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