



Our Services



24/7 Quitline access
to all Nebraskans
(excluding some holidays).



Free help offered regardless
of health insurance.



Coaching, information,
and resources designed
to help you quit.



Services available in
over 200 languages.



Free 'quit smoking medication'
starter kits for qualified
participants.

**NEBRASKA
TOBACCO
QUITLINE**

**You can increase your chance of
quitting tobacco successfully – and
staying quit – with help from the
Nebraska Tobacco Quitline.**

The Nebraska Tobacco Quitline is here
to help you quit tobacco. Counselors can
help coach you through your quit journey
and are available 24/7, excluding some
holidays. You may also be eligible to
receive Nicotine Replacement Therapy,
or NRT, in the form of gum, patches or
lozenges. Quitline services are available
in over 200 languages.

**NEBRASKA
TOBACCO
QUITLINE**

1-800-QUIT-NOW
(784-8669)

1-855-DÉJELO-YA
(335-3569)

QuitNow.ne.gov

Nebraska Department of Health & Human Services
Division of Public Health | Tobacco Free Nebraska



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**New Life,
New Start:**

Quitting Tobacco for a Healthier
You, Pregnancy and Baby

QuitNow.ne.gov



New Life, New Start.

Benefits of Quitting Tobacco **BEFORE** Pregnancy

- Quitting has immediate health benefits like reduced heart rate, improved breathing and enhanced sense of taste and smell.
- Increase the chances of conceiving, as tobacco use can hinder fertility in women.
- May lower the risk of your baby being born with a low birth rate.
- Reduce the risk of developing gestational diabetes.
- May reduce the risk of preterm delivery.
- Save money for you and your new baby.

Benefits of Quitting Tobacco **DURING** Pregnancy

- Protect your developing baby from the harmful effects of tobacco and reduce

the risks of serious health problems, complications and premature birth.

- Prevent damage to fragile fetal lung and brain tissue from tobacco chemicals and smoke.
- Reduce the risk of miscarriage and other complications, like abnormal bleeding.
- Maximize the chances of a healthy, safe pregnancy and childbirth.

Benefits of Quitting Tobacco **AFTER** Giving Birth

- Reduce the risk of postpartum depression, painful periods, and other health issues.
- Protect your child from exposure to second- and thirdhand smoke or vapor, which can cause respiratory and other issues.
- Create a healthy environment for your baby by eliminating tobacco chemicals from toys, blankets and clothing.

Tips for Quitting:

Remember, even if you have already used tobacco during pregnancy, you can still make a difference by quitting as soon as possible. Here are some tips to succeed:



Set clear goals and reasons for quitting, and write them down.



Seek help from a medical provider and lean on support from family and friends.



Avoid triggers that make you want to smoke.

We are here to support you on your journey!

For free help quitting, call the Nebraska Tobacco Quitline at 1-800-QUIT-NOW (784-8669) or visit [QuitNow.ne.gov](https://quitnow.ne.gov) to enroll.

Note: This brochure provides general information and is not a substitute for professional medical advice. Consult with your healthcare provider for personalized guidance on quitting tobacco.