

- Free
- Confidential
- 24/7

NEBRASKA
TOBACCO
QUITLINE



QuitNow.ne.gov

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

NEBRASKA DEPARTMENT OF HEALTH & HUMAN SERVICES
DIVISION OF PUBLIC HEALTH | TOBACCO FREE NEBRASKA



Ready
to quit
tobacco?

Call the Quitline and get the help you need including:

- Support, advice and counseling
- A personalized quit plan
- Practical information on how to quit
- Self-help materials

Most importantly, **never give up or lose hope!** If you slip, you haven't failed. Get back on track with your quit plan.