



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.

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.

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

1-855-DÉJELO-YA
(335-3569)

Text QUITNOW to 333888
or DÉJELOYA to 333888

QuitNow.ne.gov



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

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**NEBRASKA
TOBACCO
QUITLINE**



**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), visit QuitNow.ne.gov, or text QUITNOW to 333888 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.