

# Ready. Set. Quit.

Check out these resources and get the help you need to be successful.



## Nebraska Tobacco Quitline

Call **1-800-QUIT-NOW** (784-8669) to start your quit. Callers can get self-help materials, assistance getting quit smoking medications, and access to a quit coach. Quitline services are available to all Nebraska callers 24/7 in English and Spanish. Additional languages are available through the use of a language line.



## Online Access

Visit **QuitNow.ne.gov** to enroll with the quitline and connect with an online quit coach. Access motivational tools, social support and information to support your quit. Web coaching is free for anyone in enrolled in the quitline program. Go to the Nebraska Tobacco Quitline website to find everything from information to encouragement in one place. Website language options are available in the upper right-hand corner.

*\*Online chat is currently only offered in English and is available 24/7, excluding some holidays.*



## Quit Smoking Medication

FDA-approved medication can help a lot with your quit attempt. Talk to your healthcare provider about quitting and medication to help, check your insurance benefits, and chat with a quitline coach for information about free quit smoking medication.



## Nebraska Tobacco Quitline on Facebook

Stay connected with our Facebook network, **@NebraskaTobaccoQuitline**, to find tips, encouragement and other resources to support your quit while supporting others.



## In-Person Support

Opt for face-to-face assistance through a local cessation class. Go to [QuitNow.ne.gov](http://QuitNow.ne.gov), scroll down to "Ways to Quit," and click on "Nebraska Cessation Programs." This resource provides locations and contact information for classes throughout the state.

[QuitNow.ne.gov](http://QuitNow.ne.gov)

**1-800-QUIT-NOW (784-8669)**  
**1-855-DÉJELO-YA (335-3569)**

**NEBRASKA  
TOBACCO  
QUITLINE**

[ Quitline services are available 24/7 in over 200 languages. ]