

**YOU KNOW YOU
WANT TO QUIT.**

**YOU KNOW YOU
CAN QUIT.**

**NOW IT'S
TIME TO
*DO IT.***

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 tobacco medications starter kits for qualified participants.

NEBRASKA
TOBACCO
QUITLINE

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

1-855-DÉJELO-YA
(335-3569)

QuitNow.ne.gov/chew



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

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**YOU
CONTROL
THE QUIT**

 *Break the smokeless
tobacco cycle.*

**This
time,
you
have
us.**



NEBRASKA
TOBACCO
QUITLINE

Make quitting tobacco work for you.



Nebraska Tobacco Quitline can lend a hand.

Smokeless tobacco, such as chew, nicotine pouches or snuff, can be harmful to your health. Quitting smokeless tobacco is something that you can do, and the Nebraska Tobacco Quitline—a free resource—can help you throughout your quit journey.

Experienced quit coaches are one call away to provide the extra support you need while quitting. Using quit medications, such as nicotine patches, gum and lozenges, which are offered through the Quitline, can reduce nicotine withdrawal symptoms and can more than DOUBLE your chances of successfully quitting! The Nebraska Tobacco Quitline has tools and resources to help you with cravings, withdrawal and most of all—staying quit for good.

Start your quit journey today.

We're on call 24/7.

*Closed for some holidays

Here's how a typical Quitline call is conducted:

- 1** >> A first-time call to the Quitline typically lasts 20-30 minutes.
- 2** >> We'll listen to what you have to say about quitting any type of tobacco, including smokeless products.
- 3** >> If you choose, we will register you in the program and help set your quit date.
- 4** >> Once you're set up, helpful quit resources will be mailed to you.
- 5** >> Next, you can be transferred directly to a Quit Coach or schedule an appointment for another time.
- 6** >> Quit Coaches are able to schedule up to five sessions with you throughout your quit.

Starting a project is the first step in getting it done.

- Create a plan
- Set your quit date.
- Switch up your routine to avoid triggers.
- Call the Quitline any time, 24/7, for useful tips.

For more information about smokeless tobacco or the Quitline, visit
QuitNow.ne.gov/chew

To speak with an expert, call
1-800-QUIT-NOW
(784-8669)

Information shared with our Coaches is completely confidential. It's your quit, and we know you can do this.