

Ready to get started?

You've made the decision. You've talked to your healthcare provider. Now it's time to take the next step toward quitting tobacco. The Nebraska Tobacco Quitline can assist you with helpful resources, including free and confidential counseling.

You don't have to do it alone.

Let the Quitline walk with you through the process.

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**

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TOBACCO
QUITLINE**

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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**You want to quit.
We want to help.**

1-800-QUIT-NOW

(784-8669)

QuitNow.ne.gov



What to Expect

The Nebraska Tobacco Quitline will help you get the assistance you need—a quit coach, multiple coaching sessions, and, for those who qualify, medicine to help you quit. Here's how the program works:

1. Connect with the Quitline

Call **1-800-QUIT-NOW** (1-800-784-8669) or enroll online at **QuitNow.ne.gov**.

Your healthcare provider can refer you to the Quitline. Together, you'll go to **QuitNow.ne.gov/providers** and complete the fax or web referral form.

Quitting tobacco is one of the best things you can do for your health.

You don't have to do it alone. Get help from the Nebraska Tobacco Quitline.

2. Answer the Call

The Quitline will call you within 24 hours of receiving the referral from your healthcare provider, or you can call them directly at **1-800-784-8669**. They will make five attempts to reach you. If you cannot answer they will leave a message and you can call back any time.

Registration Call:

During this call, the Quitline will register you with the program.

- To do this, we'll ask you some questions, get to know you, help set a quit date, and send you useful resources.
- This call should take about 15 minutes. Remember, all information gathered throughout the process will be kept confidential.
- Once registered you can be transferred to a quit coach immediately or you can schedule another time.

Coaching Session:

A quit coach is a counselor who is specifically trained to help people quit tobacco. All coaches have completed Tobacco Treatment Specialist training accredited by the Council on Tobacco Treatment Training Programs (CTTTP).

- The first call with your quit coach can take 15-20 minutes.
- In all, you will receive up to five scheduled sessions.
- Participants can also sign up for text messages with reminders about appointments.

3. Online Assistance

If you prefer, you can enroll for the online program during your registration call or by clicking **Quitline Services** at **QuitNow.ne.gov**.

Once enrolled, you can complete coaching sessions with a quit coach through an online chat.* The program offers tools, social support, and information about quitting. It also allows you to interact with other people trying to quit.

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

4. Medications to Help You Quit

The Quitline offers free, over-the-counter quit smoking medications,* mailed directly to your home, providing additional support for you to quit. Your quit coach can provide more information about FDA-approved quit smoking medications and answer any questions you might have.

A coach may help direct you to your health plan for further follow-up, including how to use and access insurance benefits for medication to help you quit tobacco.

**This is available to medically eligible Nebraskans who are at least 19 years of age. Parental consent is needed for those 18 years of age.*

Research shows that using quit smoking medication paired with coaching can double or triple your chances of quitting.