



What should I know before I call?

It's FREE

You're in control

We're here to help

"THE QUIT COACH® AND QUITLINE HAVE BEEN VERY BENEFICIAL TO ME.

Having them call and check in with me to see how I'm doing is very helpful because they give you positive reinforcement.

IT LETS US KNOW THAT SOMEBODY CARES HOW YOUR SMOKING OR NOT SMOKING IS GOING."

-Satisfied Quitline Caller

Arkansas Tobacco Quitline: Your Direct Line to Help 1-800-QUIT-NOW



Most people had help starting smoking, whether it was watching a relative, experimenting with a friend, or seeing a celebrity, few pick up a cigarette on their own. So it's no surprise you need help quitting, too.

The Arkansas Tobacco Quitline is funded by Tobacco Settlement dollars, so Arkansans may receive:

Free unlimited Web coaching

Free personalized phone sessions with a Quit Coach®

Free quit guides

Your choice of free medications (while supplies last) mailed directly to your home

Arkansas Tobacco Prevention and Cessation Program

4815 West Markham, Slot 3
Little Rock, AR 72205
(501) 661-2953

Arkansas Tobacco Quitline

1-800-QUIT-NOW
1-800-784-8669

Open seven days a week
7 a.m. - 2 a.m.

Free medications, while supplies last.

Services are available in English, Spanish, Marshallese and more than 160 other languages.



STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH



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You're busy, we understand.

That's why we do everything we can to make this process easy for you. We offer three easy ways to get started. You make the first contact and then we take over, guiding you as you quit this difficult addiction.



Fight the addiction - you're in charge.



The **power** to quit is inside you.

If you're pregnant, you have more than your own health to consider.

*"THE QUITLINE HAS
CHANGED MY LIFE; KEEP
IT GOING! Because
for people who take
advantage of it, it's
a miracle."*

- Satisfied Quitline Caller



By Phone

Enroll yourself in the program by calling 1-800-QUIT-NOW (1-800-784-8669).

By Internet

Visit stampoutsmoking.com and select Click-to-Call. Enter your phone number and an Arkansas Tobacco Quitline operator will call you within a few minutes.

By Fax

Visit your local health unit or medical clinic to enroll through the fax referral program. An operator will call within three days of receiving the fax. If your doctor's office needs Arkansas Tobacco Quitline Fax pads, ask them to call (501) 661-2953.

Your call will be answered by a registration coordinator, who will register you for free tobacco-quitting services. Registration is quick; it takes five to seven minutes to enroll. If you have time, you will then be connected with a Quit Coach; otherwise, the Quit Coach will call you at your best available time.

Quit Coaches are professionally trained to help you quit tobacco. They will help you:

- Prepare to quit
- Choose your quit day
- Change your routine
- Cope with withdrawal
- Fight slips and relapse

The Arkansas Tobacco Quitline pregnancy program is for all Arkansas female residents who are planning pregnancy in the next three months, currently pregnant and/or are currently breastfeeding.

The pregnancy program includes:

Up to 10 calls with relapse prevention sensitivity.

The first five or six calls will be completed within 60 to 90 days of enrollment.

One call will be delivered 30 days prior to the planned due date.

At least two postpartum contacts (usually at 15 days and 45 days postpartum).