

YOU KNOW YOU
WANT TO QUIT.

YOU KNOW YOU
CAN QUIT.

NOW IT'S
TIME TO
DO IT.



We're on call 24/7 and able to talk in more than 170 languages.

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

QuitNow.ne.gov/chew

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NEBRASKA DEPARTMENT OF
HEALTH & HUMAN SERVICES

TOBACCO FREE NEBRASKA

NEBRASKA
TOBACCO
QUITLINE

**YOU
CONTROL
THE CAN.**

*The can doesn't
control you.*



**The Nebraska
Tobacco Quitline
has your back.**



NEBRASKA
TOBACCO
QUITLINE

Make quitting chew work for you.

Nebraska Tobacco Quitline can lend a hand.

Quitting chew is something you can do. And the Quitline is your link to experts in the field.

Our experienced Quit Coaches are the extra set of hands Nebraskans rely on to kick the habit. Whatever your reason to quit may be, and whatever you might need to help during your quit—we have tactics and tools that'll make your load a little lighter.

Tackle your quit today.

We're on call 24/7.

Here's how a typical Quitline call is conducted:

- 1>> A first-time call to the Quitline typically lasts 15 minutes.
- 2>> We'll listen to what you have to say about quitting chew.
- 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>> A first-time call with a Quit Coach can be anywhere from 30–45 minutes.
- 7>> 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.

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

For a how-to checklist, go to **[QuitNow.ne.gov/chew](https://quitnow.ne.gov/chew)**

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

Coaching resource materials are also available online.

You can access helpful quit materials at **[QuitNow.ne.gov/chew](https://quitnow.ne.gov/chew)** via the “enroll online now” portal.

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