

1-800-207-1230

MAINE TOBACCO HELPLINE

THE MAINE TOBACCO HELPLINE answers your questions and offers friendly support to people — including those under age 18 — thinking about quitting or ready to quit smoking, or those who want to help a friend or family member quit.

Why Should Youth Call and Enroll?

- It's free and totally confidential.
- Specialists offer positive, supportive assistance geared toward youth lives. There's no pressure and specialists won't put people down.
- It's all by phone on a young person's schedule; they won't have to worry about missing out on anything.
- Youth aren't committed to anything when they call; it's OK to just ask questions or request materials related to smoking/tobacco use and quitting (for themselves or someone else)!

Why Should Youth Call and Enroll?

- A tobacco treatment specialist will ask questions to see what kind of help they're looking for and ask about their interest in quitting.
- If youth are ready to quit, a specialist will help them set a quit date (if they want), and the specialist will tailor a plan just for the young person.
- Specialists help youth think about ideas and ways to deal with cravings.
- While the MTHL does not provide nicotine replacement therapy (NRT) for people under age 18, youth can discuss their options with a specialist.
- Once youth say it's OK, a specialist will set up the next calls or texts to provide ongoing support.

QUITTING IS POSSIBLE

Refer someone to the HelpLine today!

People are **2-3 TIMES MORE LIKELY** to quit with the HelpLine than when they try to quit on their own.

THEQUITLINK.COM



Maine Center for Disease Control & Prevention
Department of Health and Human Services