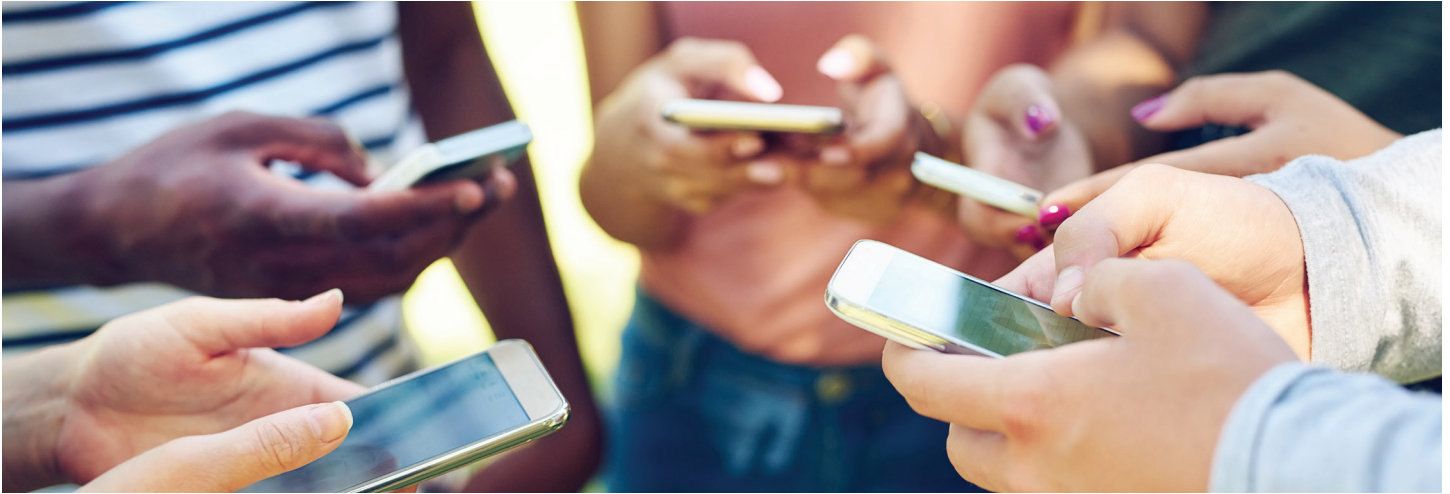


1-800-207-1230

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 Call The HelpLine?

- It's free and totally confidential.
- You get positive support and no pressure!
- It's all by phone and on your schedule.
- You aren't committed to anything when you call; it's OK to just ask questions or request materials (for you or someone you care about)!

What Happens When You Call?

- A tobacco treatment specialist will help you think of ideas to deal with cravings.
- Only a doctor can prescribe nicotine replacement therapy (NRT) for youth, but the specialists can go over how NRT works as part of a quit attempt.
- Text-To-Quit is also available when you sign up for calls.

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