

Utah Tobacco Quit Line

A Free Quitting Service

**to quit call:
1.800.QUIT.NOW**

Quitting tobacco isn't easy. If you or someone you know uses tobacco, the Utah Tobacco Quit Line can help. People who use the Utah Tobacco Quit Line are more likely to kick the habit once and for all. And, it's free!

The Utah Tobacco Quit Line

English: 1.800.QUIT.NOW (784-8669)

Spanish: 1.877.629.1585

TTY: 1.888.229.2182

Hours of operation: Monday-Sunday, 6:00 AM-11:00 PM

Research shows that telephone counseling is one of the most effective ways to help people quit smoking or chewing tobacco. Also, telephone-based support is more likely to be used than other types of quitting services. In contrast to in-person counseling, it eliminates the need for transportation or childcare, as a person can access services from wherever there is a telephone. Scheduling conflicts are also eliminated, since the service can be used nearly all day every day, including weekends (see hours above). Help can be had on the person's own timetable and terms. It puts critical assistance no farther away than a person's phone.

When a person calls the Utah Tobacco Quit Line, they will:

- Be connected with a trained coach who will help them develop a personalized quit plan, and guide them through the quitting process.
- Receive up to five individually tailored sessions with a coach.
- Get a self help booklet and information about other local resources.
- Receive information about how to help a friend or family member to quit.
- Be able to discuss options for medications, including free Nicotine Replacement Therapy to eligible callers (youth are not eligible for NRT).

Quit line services are completely confidential and available in English and Spanish. Translation is also available into more than a hundred other languages. All services are free to Utah residents.

Free promotional materials may be available at your local health department

Go to: <http://www.tobaccofreeutah.org/contacts-local-prevention.html>