

**Quitting smoking
adds an average
of 13 years to
your life.**



Maryland's

1-800



QUIT NOW

SmokingStopsHere.com

**REAL PEOPLE
ARE DOING IT
EVERYDAY.**

Join Us Today.



Name: Mary Jo, 51
Smoked for: 8 years
Smoke free for: 16 months
Quit attempts: 4-5

"Because I traveled so much for my job in pharmaceutical sales, it sometimes was hard to find a place to smoke getting on and off planes. So, I decided to quit and have been successful since then."

Name: Lisa, 39
Smoked for: 24 years
Smoke free for: 3 months
Quit attempts: 1

"On one car ride, my kids said to me, 'Mommy, the smoke is killing us.' Their statement really hit me hard. I would smoke 2 packs a day and would wake up coughing. Now that I am smoke-free, my house smells clean."



It's **FREE**
and Confidential
Seriously, it really is FREE

Call us at

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

Services also available in Spanish
(Servicios tambien en Español)

or visit us at

SmokingStopsHere.com

TTY 1-877-777-6534



Quitline Hours:

7am - 3am
7 days a week



Maryland Tobacco Quitline

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

Services also available in Spanish
(Sericios tambien en Español)

Telephone quitlines can increase your success rate by up to 50%.

The Maryland Tobacco Quitline 1-800-QUIT-NOW is a **FREE** service for Marylanders provided by the Department of Health and Mental Hygiene to help aid smokers in quitting tobacco.

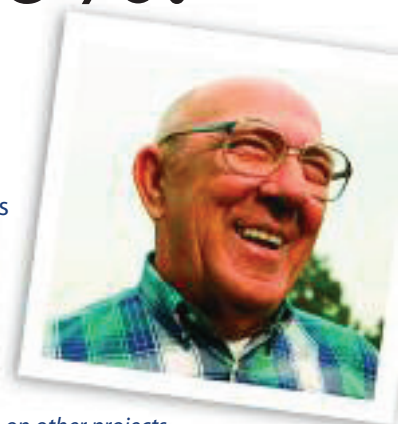
We understand quitting smoking is difficult. The good news is, you don't have to do it alone. Quit Coaches are available to help by calling the Quitline. They are caring, competent people who can help you through the journey every step of the way.

Quit Coaches are highly-trained tobacco treatment specialists – many of whom are former smokers – and are degreed professionals in psychology, counseling and other health care fields. Through 1-800-QUIT-NOW, Quit Coaches will provide helpful quitting tips and techniques, and provide ongoing support throughout the quitting process.

What to Expect When You Call

- 1. Make a personalized plan to quit.**
- 2. Arrange your quit coaching sessions.**
(we can call you at times that are good for you)
- 3. Request to get our FREE Quit Kit in the mail.**
- 4. Gather information about other free services and medicines that you may be eligible for in your community.**

Name: Charles
Smoked for: 60 years
Smoke free for: 12 months
Quit attempts: 8 - 10



"I found strategies to help me cope with my smoking urges like painting, working on other projects, and just being active with my family."

FREE Additional Services

The quitline coaches can provide information to non-smokers to assist a family member, a loved one, patient or client. Services are available in English, Spanish and additional languages.

To find out more about the coaching process and other programs in your community visit:
www.SmokingStopsHere.com

TIPS...

- *Keep a list of reasons for quitting with you at all times.*
- *Change your daily routines, such as taking a different route to work.*

When You Are Ready
Call **1-800-QUIT-NOW**
Quitline Hours:

7am - 3am
7 days a week

If you call at other times, we'll call you back.

TIPS...

- *Start a money jar with the money you save by not buying cigarettes.*
- *When you get the urge to smoke, take a walk or ride a bike.*