

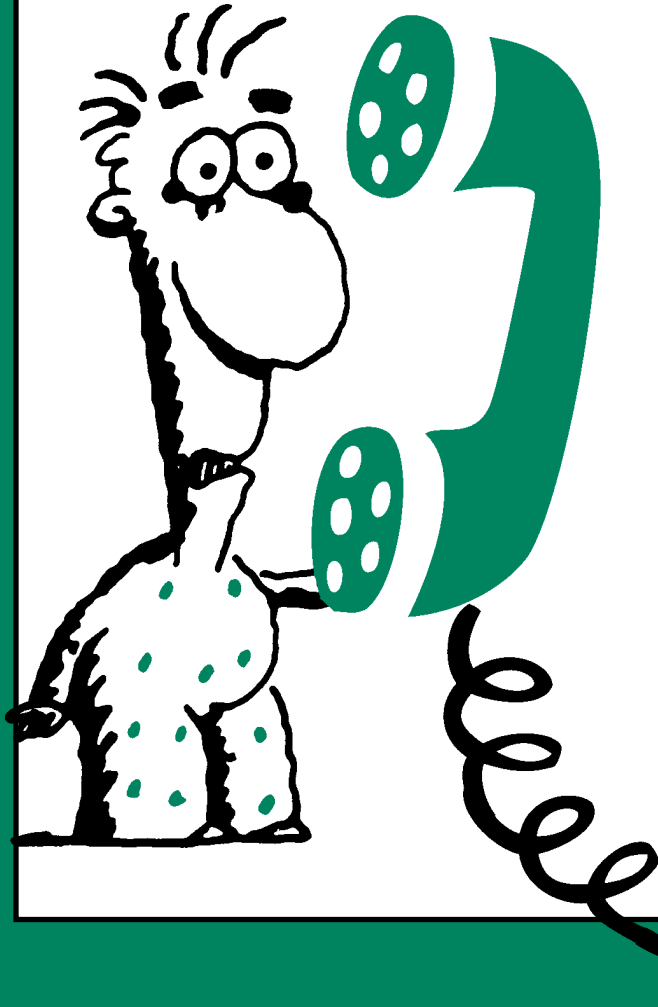
Stop smoking. Start dialing.

I can do it,
I can do it...
I can do it with
Quit Line



What is the Georgia Tobacco Quit Line?

The Georgia Tobacco Quit Line provides free counseling, a resource library, support and referral services for tobacco users. The Quit Line is available for all Georgia residents age 13 or older. It is easy to use and accessible for all Georgians because most have access to a phone, and there are no constraints such as transportation or support-group fees.



How does it work?

Pick up the phone and start dialing the Georgia Tobacco Quit Line at 1-877-270-STOP. **The call is free and so is the service.** Callers to the Quit Line are connected to a trained counselor who provides:

- An assessment of readiness to quit
- A customized quit plan, including up to five additional counseling phone calls
- Motivation and problem-solving advice
- Up-to-date information about physician-recommended pharmacological support, such as nicotine gum, nicotine patches and other items
- Information about cessation insurance benefits
- Information about and referral to other cessation services, including local resources
- A Georgia Tobacco Quit Kit, including materials tailored to your readiness to quit

Who can use the Georgia Tobacco Quit Line?

Georgia residents ages 13 or older.

Who pays for the Quit Line?

The Quit Line is funded by the Master Tobacco Settlement through Georgia's Department of Human Resources, in partnership with the Georgia Cancer Coalition. That means there is no charge to you. You will receive free, professional support that's tailored to your needs.

Why a Georgia Tobacco Quit Line?

Studies show that telephone-based cessation programs like the Quit Line produce significantly higher quit rates than programs that use self-help materials alone.

Trained professionals make a difference. You will get help from the Quit Line counselors who have special training and expertise in:

- Cessation from all forms of tobacco – cigarettes, pipes, cigars and spit
- Information and decision support about physician-prescribed pharmacological support
- Skill-building and problem-solving
- Relapse prevention

A few smokers achieve abstinence in an initial quit attempt. More than 70 percent of the 50 million U.S. smokers have tried to quit, and 46 percent of smokers try to quit each year. Tobacco dependence is an addiction where you may face periods of relapse and remission.

More than 11,000 people die in Georgia every year from tobacco-related illnesses. In spite of these chilling statistics, 23 percent of Georgia adults smoke. An estimated 30,000 Georgia children begin smoking every year and another 10,000 begin to use spit tobacco.

“Now you can rely on the Georgia Tobacco Quit Line. It's free, easy to use and proven effective.”

—Dr. Louis Sullivan, former Secretary of the Department of Health and Human Services

1-877-270-STOP

you can do it.

become tobacco-free!

Why have millions of people quit using tobacco? Because they know it's one of the best things they can do to have a healthier life.

Whether you want to quit now – or just find out how to quit – the Quit Line counselors want to help. No matter how long you've used tobacco, it's possible to quit. And now you've got the support you need to make it happen!

Most people don't quit smoking overnight. It takes time to get ready. Most often, it happens in four steps:

- step one you decide to quit
- step two you get ready to quit
- step three you quit
- step four you stay tobacco-free

Once you're free from tobacco, lots of good things will start to happen! For example:

- You'll breathe easier.
- You'll get fewer coughs and colds.
- Your chest won't feel tight when you wake up in the morning.

Best of all, you'll have a better chance of living longer.



for information on how to quit, call
1-877-270-STOP

The hours of operation for the Georgia Tobacco Quit Line are:
Monday - Sunday
8:00 a.m. - Midnight (12:00 a.m.)

After business hours, callers will be prompted to leave their name and number and a Quit Line counselor will return their call during normal business hours.

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QUITTING TAKES PRACTICE



1-877-270-STOP
Georgia Tobacco Quit Line

a free resource to help you kick the tobacco habit

