

You can **Quit!**
We can help!

1-800-QUIT-NOW

1-800-784-8669

www.michigan.gov/tobacco

Funded by the
Michigan Department of Health & Human Services

Free!

Michigan
TOBACCO
Quit**Line**

Services of the Quitline

- **Coaching-motivation and tips to help you quit**
- **Educational materials**
- **Referrals to local programs**
- **Online coaching**
- **Text-messaging**
- **Free nicotine replacement therapy if you qualify**