



Increase your chances of quitting successfully.

Set a quit date and create a quit plan — Quitline Iowa can help.

Get rid of all your tobacco.

Tell others about your plan and ask friends, family and colleagues for their support.

Anticipate cravings and plan alternate activities for when the urge to use tobacco hits you.

Talk to your health care provider or Quitline Iowa about nicotine replacement therapy and other medicines to help with withdrawal.

A free service.

Quitline Iowa is funded by a grant from the Iowa Department of Public Health (IDPH), Division of Tobacco Use Prevention and Control. All services provided by the Quitline are free to Iowans.

To take your first steps toward your tobacco-free future call our toll-free number:

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

TTY services: 1-877-777-6534

Visit us online: www.QUITLINEIOWA.org

Where you can learn more about Quitline Iowa services.



QUITLINE IOWA



When you're ready to quit smoking, we're here.



1-800-QUIT NOW

You say when. You say how.

You're unique. Your quit plan should be, too.

Right now, you don't need lectures. And you don't need guilt trips.

You just need someone to talk to. Someone who understands.

When you call Quitline Iowa toll-free, you talk to a trained coach who will listen. And give you the support you need.

We realize no two callers are the same.

So we work together with you, developing a plan that works for you.

That's true no matter which stage you're in.

Whether you want to quit today. Or you only want information. Or you've already quit and need a little extra support.

We're here to help you quit. For good.

Sometimes success takes a little help.

Research shows phone coaching is twice as effective as smokers trying to quit on their own.

Quitline Iowa has a long track record helping people quit tobacco.

Our coaches can provide the help you personally need to succeed too.

You can get free materials in the mail, covering helpful topics such as cravings and stress management.

If you choose, we'll support you while you quit with follow-up calls.

Our coaches are also specially trained on the specific needs of pregnant women and teens.

Services are provided in English. And services in other languages are also available.

You're not in this alone.

Help is only a toll-free phone call away.

Calls are answered 24 hours day, seven days a week (closed on Thanksgiving Day, Christmas Day, and Independence Day).

