



Quit Now NC! is a statewide tobacco cessation initiative, which fosters partnerships, influences policies, conducts trainings, and develops resources for a healthier North Carolina.

Free Resources for North Carolinians Wanting to Quit the Use of Tobacco

County Resources: *Quit Now NC!* has developed an on-line county directory of tobacco use cessation programs and resources.
<http://www.ncgoodhealthdirectory.com>

State Resources: *Quit Now NC!* has a website with extensive information and resources for people interested in learning more about quitting.
www.quitnownc.org

National and State Resources Available to ALL NC Citizens:

TOLL-FREE STATE QUITLINE

1-800-QUIT NOW (1-800-784-8666)

- Available M–F from 9:00 am–4:30 pm.
- Counseling is available in both English and Spanish.
- People can talk to counselors, who will then call to support you through the quitting process.
- Materials can be sent to one’s home.

TOLL-FREE NATIONAL QUITLINE

1-866-667-8278 (for pregnant smokers)

- Available M–F from 8:00 am–8:00 pm; Sat (9:00 am–4:00 pm).
- Counseling is available in English and Spanish.
- Materials can be sent to one’s home.
- A counselor will stay in touch with the caller and check in with them from 6 to 8 times to support their quitting effort.

NATIONAL CESSATION WEBSITES

www.smokefree.gov

- Counseling is available through Instant Messaging.
- Cessation information especially aimed at pregnant smokers is available.

Cessation Resources Available Through Public and Private Health Insurers:

NC Prevention Partners provides information about all the NC health insurers and what tobacco use cessation benefits and products are offered.

Visit <http://www.ncpreventionpartners.org/preventionforbusinesses/phtable.htm>

For more information about Quit Now NC! contact:

NC Prevention Partners
Email: info@quitnownc.org
Web: www.quitnownc.org

Other web resources:

National Cancer Institute
www.smokefree.gov
American Legacy Foundation
www.americanlegacy.org

1-800-QUIT NOW



North Carolina
HEALTH
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