

# North Dakota Tobacco Quitline



1-800-784-8669

## Free Private Phone Counseling Support

The North Dakota Tobacco Quitline is a free telephone-based service available to help North Dakota smokers and spit-tobacco users overcome nicotine addiction.

### The Quitline will:

- Help you set a quit date
- Show you how to manage withdrawal symptoms or cravings
- Teach you about triggers and strategies for staying quit
- Be a source of support and encouragement during your quit attempt
- Provide written materials

### Free services available:

- Receive expert advice
- Open 7am-9pm M-F and 10am-6pm Sat (CST)
- Voice messaging (24 hours per day)
- Quit Tips audio library
- Nicotine Replacement Therapy products

Receive 2 months of  
free Nicotine  
Patches, Gum or  
Lozenge to qualified  
callers

### Who should call:

- Smokers
- Spit-tobacco users
- Family members
- Health-care professionals

### How to enroll:

- Call our toll-free number, **1-800-784-8669**
- Schedule a time to speak with a quit coach.



**You Can Quit. We Can Help**