ou can quit.
Ve can help.

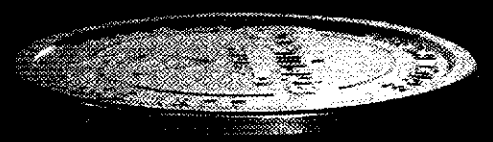
Chances are, you want to quit
oking or chewing. Maybe you've
en tried a number of times—
thout long-term success.

We understand how difficult
can be. That's why we created the
ontana Tobacco Quit Line to give
u the confidential and supportive
lp you need to kick the tobacco
bit once and for all. With helpful
formation, Nicotine Replacement
erapy (gum or patches) and trained
unselors—all free—we offer tools
at can help you succeed.

So if you're really committed to
itting, we're committed to getting
u there. Look inside to find out
w it works.

ll Free: 866-485-QUIT

Kick the can.



WARNING:
THIS PRODUCT
MAY CAUSE
MOUTH CANCER

Toll-free: 866-485-QUIT

MONTANA TOBACCO
QUIT LINE
866-485-QUIT

Kick some butts.

Toll-free: 866-485-QUIT

MONTANA TOBACCO
QUIT LINE
866-485-QUIT

How do I quit?

Now, there's an easy way to quit moking or chewing, and it takes just one step: call the Montana Tobacco Quit Line toll-free at 866-485-QUIT 7848). It's easy to do, and a counselor will talk with you to help you get started. If you're ready to et a quit date, your counselor will ask a few questions to help you pick an exact date.

But the counselor won't stop here. He or she will also schedule imes to call you and help guide you through the process of quitting—up o five separate calls, if you need hem. All you have to do is answer he phone. And to help curb nicotine vithdrawal symptoms, your counselor can offer free patches or gum (if you are pregnant, or have certain condi-ions such as high blood pressure, you nay have to get a referral from your doctor first).

You'll also get a packet of infor-nation to help you quit: tips, tricks, guides, health information and more. It's all free, and it's all designed to help you quit.

Do I have to pick a quit date?

If you're not yet ready to pick a quit date, no problem. Call us anyway. We can give you useful information on quitting, and we'll always be here when you're ready. You're not obligated to enroll in the counseling program or use other services in any way.

When can I call?

Because the urge can strike any time, the Quit Line is open to your calls more than 85 hours per week. Hours are 7:00 am to 9:00 pm Monday through Thursday; 7:00 am to 7:00 pm Friday; and 8:00 am to 4:30 pm Saturday and Sunday. Counselors answer calls seven days a week, 363 days a year (the Montana Tobacco Quit Line is open every holiday except Thanksgiving and Christmas Day). Call for help whenever you need it.

Toll Free: 866-485-QUIT

MONTANA TOBACCO

QUIT LINE

866-485-QUIT

Can I refer someone else?

Maybe you're not a smoker or chewer. Chances are, you know someone who is. Studies show users are more successful quitting if they have a friend or family member willing to help them.

So, why not help by calling the Montana Tobacco Quit Line? We'll send you free information you can share, and put you in touch with local community resources to help your friend or family member quit.

Toll Free: 866-485-QUIT

MONTANA
Department of Public Health & Human Services

MONTANA TOBACCO USE
PREVENTION PROGRAM
P.O. BOX 202951
HELENA, MT 59620