



Ready to Quit?



Missouri Tobacco Quit Services offers free, confidential tools to help you quit nicotine (cigarettes, vapes or chew).



Tools are proven to help people quit and are available all the time.



Online, by phone, or by text, however you reach out to us, we're here to help you quit.

"I love this program. I use all your products, website, texts, coaching calls and patches. The coaches are helpful and effective."

Get your customized quit plan and the support you need to succeed.

Call **1-800-QUIT-NOW (784-8669)** or visit [YouCanQuit.org](https://www.YouCanQuit.org) to enroll in services.

"Twice I had given up on quitting. Thanks to the coach, I didn't quit the program."

- + Missouri Tobacco Quit Services coaches have more than 200 hours of training.
- + They have experience in counseling and in helping people live tobacco-free.
- + Many are former smokers, so they understand.

- + Some people may be eligible for enhanced support, including free nicotine replacement therapies such as the patch, gum or lozenges. Ask your quit coach for details.
- + Services are available in over 200 languages.

"The quit coach talked me through my withdrawals and my guilt about my relapse."

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QUIT SERVICES
YOU CAN QUIT.ORG