

Missouri Tobacco Quit Services

helps Missourians **quit** using commercial tobacco products



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

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



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

Nearly **10,000** Missourians contacted Tobacco Quit Services in 2021. More than **3,000** people received free Quit Support Services. Just under **2,000** people registered for web-based services.

Take the first step to a nicotine-free life.

Join thousands of Missourians and start your journey today.

Call **1-800-QUIT-NOW** (784-8669) or visit **YouCanQuit.org** for free help to quit.

MISSOURI TOBACCO
QUIT SERVICES