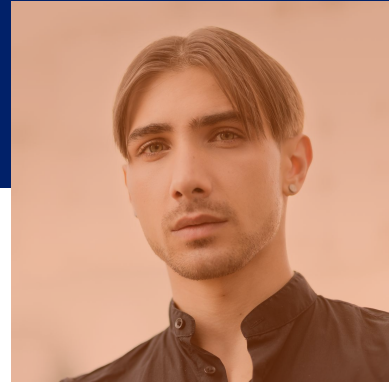


# Missouri Tobacco Quit Services

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.



## In 2023

**4,323** Missourians reached out for help through Tobacco Quit Services.

**Quit coaches can help you quit any form of tobacco. Take the first step to your tobacco-free life.**

**Join thousands of smoke-free Missourians. Start your quit journey today.**

MISSOURI TOBACCO  
**QUIT SERVICES**  
1.800.QUIT.NOW (784.8669)  
YOU CAN QUIT.ORG



MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**