

You Can Quit. We Can Help.

Missouri Tobacco Quit Services have helped over 1.5 million people leave tobacco behind.

TAKE YOUR FIRST STEP TODAY.

Call 1-800-QUIT-NOW (784-8669)
or visit YouCanQuit.org

- Caring coaches
- Confidential help available 24/7
- FREE nicotine patches, gum and lozenges

“ The support I'm receiving is invaluable. I've quit smoking and the patches are helping. ***The tips I've received are spot on and keeping me going.*** I'm thankful and forever grateful for this resource. **”**

- Actual QuitLine User



SCAN TO
TAKE YOUR FIRST STEP

MISSOURI TOBACCO
QUITSERVICES