

MISSOURI TOBACCO QUIT SERVICES OVERVIEW



Enroll today



Talk to a coach



Receive quit medication



Get ongoing support

OVERVIEW OF SERVICES

COACHING

Our coaches are trained Tobacco Treatment Specialists and have additional training for specialized programs.

- Online coaching (Through web program)
- Phone coaching (5-personalized and confidential phone calls, additional calls available for enhanced programs)
- Coaching by chat or text

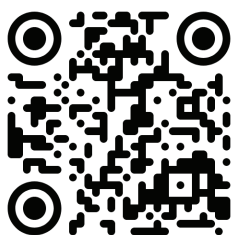
QUIT MEDICATIONS

- Access to Nicotine Replacement Therapy (NRT) products including patches, gum and lozenges
- Coaches help you choose the best NRT for your quit journey
- NRT can relieve some of the physical withdrawal symptoms, so you can focus on the psychological (emotional) aspects of quitting

EDUCATIONAL MATERIALS

- Free e-newsletters with news and support information
- Multiple languages supported
- Materials based on personal needs (young adult, pregnancy, etc.)

**ALL SERVICES ARE FREE,
CONFIDENTIAL AND
AVAILABLE 24/7, 365.**



SCAN TO
LEARN MORE

SPECIALIZED PROGRAMS AVAILABLE

AMERICAN INDIAN

The American Indian Commercial Tobacco Program connects commercial tobacco users with American Indian Coaches and resources. **Call 855-5AI-QUIT or visit aiquitline.org to get started.**

BEHAVIORAL HEALTH

Quit Coaches in this program specialize in helping people with behavioral health conditions such as depression or anxiety quit tobacco. 7 pre-arranged sessions with a coach and access to a 12-week regimen of combination therapy NRT.

MY LIFE MY QUIT

My Life, My Quit is a free and confidential way to help teens, ages 13-17, quit smoking, vaping or using other tobacco products. **Text “Start My Quit” to 36072 to chat with a coach, or learn more at mylifemyquit.org.**

PREGNANCY AND POSTPARTUM

This program will provide the same dedicated female coach for support throughout the quit journey and offer a non-judgmental and confidential environment. **Earn cash incentives for completed calls before and after your baby is born.**

YOUNG ADULT

Coaches in this program work with tobacco users ages 18-24 to face their unique pressures and situations. Meet with your coach by phone, text or live chat. **Text “Start” to 36072.**

LUNG SCREENING

Through Project Connect, Missouri Tobacco Quit Services educates about lung cancer screening during the intake process for eligible participants.

MISSOURI TOBACCO
QUIT SERVICES
1.800.QUIT.NOW (784.8669)
WWW.YOUCANQUIT.ORG