

# Ready to Quit Tobacco? The Oregon Quit Line Can Help

## What is the Oregon Tobacco Quit Line?

The regon Tobacco uit ine uit ine is a free program offering tips information and one-on-one telephone counseling to anyone looking to quit tobacco or to help someone quit t is available to all Oregonians regardless of income or insurance status and is staffed by real people who are friendly and non-judgmental The uit ine offers coaching in many languages and has been helping people kick their tobacco habits for more than a decade

#### What can I expect when I use the Free Oregon Tobacco Quit Line?

- When you call or chat online you will connect with a real person who will coach you on putting your own quitting plan together in a way that fits your life
- Your uit oach will give you tips on changing your routine so that you beat that urge to smoke or chew
- oaches can also help callers figure out if they are eligible for free nicotine gum or patches

#### Why should I quit?

- You will improve your health immediately
- You will show your kids that tobacco has no part in a healthy life
- You will have fresher breath and clothes that don't smell of smoke
- The money you spend on tobacco can be used for other things
- You can stop worrying about where to smoke being nagged or feeling badly because you use tobacco
- You will feel great because you kicked the habit and took your life back

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