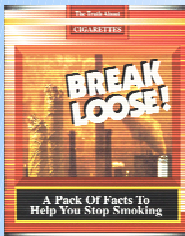


New York State Smokers' Quitline Fact Sheet



NEW YORK STATE
SMOKERS' QUITLINE
1-866-NY-QUITS
(1-866-697-8487)

www.nysmokefree.com

TTY: 1-800-280-1213

Congratulations

You've made a great choice !

Free Service

The Smokers' Quitline is a free service that helps smokers who are ready to stop smoking.

Staff

The Smokers' Quitline is staffed by specialists trained to provide counseling and information on a variety of cessation topics, such as stopping smoking, stop smoking medications, withdrawal symptoms and local stop smoking programs.

Information

Callers can request Break Loose, a self-help booklet, and a listing of stop-smoking programs in their area. Callers can also listen to a taped message library offering tips on different smoking topics. The library is available 24 hours per day, 7 days per week.

Health Professionals

The Smokers' Quitline is also designed to assist health professionals. Physicians and health care providers can use the Quitline service as a referral for patients' stop smoking plans and to enhance recommended and/or prescribed stop smoking medications. Health Care professionals should be certain to inquire about our unique "Quit-Coach" program.

Tobacco Related Services

The Smokers' Quitline also provides tobacco-related services to a variety of other callers, including friends and family of smokers, health educators, businesses, parents and students looking for information.

Confidential

All services of the Quitline are free and confidential.

Bi-lingual Services

The Smokers' Quitline provides services for English and Spanish speaking callers. Many materials include a variety of languages.

Support

The Smokers' Quitline is located at Roswell Park Cancer Institute and is supported through the New York State Department of Health.

Hours of Service

**1-(866) NY-QUITS
(1-866-697-8487)**

Taped Message Library:

24 hours / 7 days

Live Counselor Support:

Monday -Thursday 9am-8pm

Fridays 9am-5:30pm

Saturdays 10am-2pm

Website: www.nysmokefree.com