

The Kansas Tobacco Quitline

What is the Quitline?

The Kansas Tobacco Quitline 1-800-QUIT-NOW (784-8669) provides free one-on-one coaching to help tobacco users quit.

The Quitline is available 24 hours a day/7 days a week in English, Spanish and 150 other languages. Trained counselors provide callers support to create an individual plan for quitting.

This free service is available to Kansans who are ready to quit tobacco.

What can you expect from the Quitline?

- Confidential, personalized support
- 5 one-on-one phone sessions with a certified cessation counselor
- To set a quit date within a couple of weeks of the initial call
- In-depth information on nicotine replacement therapy (patches, etc.) and cessation medications
- Assistance in English or Spanish and translation for more than 150 other languages

What are the benefits of quitting?

- Save money: A pack-a-day smoker can save \$150 a month (almost \$2,000 a year) by quitting smoking.
- 1 year after quitting smoking: The excess risk of heart attack and death from heart disease is cut in half.
- 10 years after quitting smoking: The lung cancer death rate is cut in half.
- Smokers who quit by age 30: Eliminate nearly all excess risk associated with smoking.
- Smokers who quit before age 50: Cut their risk of dying in the next 15 years in half.

In a recent survey, more than half of Kansas adult smokers reported they were trying to quit.

When you are ready to quit tobacco call the Kansas Tobacco Quitline 1-800-QUIT-NOW (784-8669) and we can help!

FREE

The Quitline

A partnership with the Kansas Department of Health and Environment and Free and Clear