

Free Help on Idaho's QuitLine



Papa, why do you talk to someone on the phone about smoking?

The **QuitLine** is helping me quit smoking. They showed me how I could get my whole family — even you, too, to help me quit.



I've been a smoker for many years, so I really needed help to quit. The **QuitLine** helped me decide on a quit date and they supported me the whole time.



The Quitline coach helped me figure out my smoking triggers. It's weird, but whenever my cellphone rings, I have to have a cigarette. So, he told me to try reaching for some gum instead.

1-800-QUIT NOW (1-800-784-8669)

Free Help on Idaho's QuitNet



So, what's **Idaho QuitNet** like? Is it a chat room?



Yeah, kind of. I met a lot of people like me who I can talk to about what they went through to quit smoking. I realized that I'm not alone!



The **QuitNet** helped me find a quitting class nearby so I can be home in time to pick you up from school.



Your mama is doing great! She's quitting so she can feel better — and not be so tired all the time.



The Quit calendar I got from the **QuitNet** is really helping me stay on track to quit for good.

I'm glad you're scheduling daily bike rides with me. You don't seem to crave smoking when we're biking.

<http://idaho.quitnet.com>

Call the QuitLine

Call **1-800-QUIT-NOW** to speak to a quit coach:

Monday - Thursday 7 am - 9 pm MST

Friday 7 am - 7 pm MST

Saturday and Sunday 8 am - 4:30 pm MST

24-Hour Voice Mail

The QuitLine has services in English, Spanish and for the Deaf and Hard of Hearing Community (TTY 1-888-229-2182).

Visit Idaho QuitNet

at <http://idaho.quitnet.com>

Read what others say about how they used the QuitNet to help them stop smoking! It's a community of friendly people who will support you and help you quit.

Call the 2-1-1 Idaho CareLine

Call **2-1-1** (dial 2-1-1 or 1-800-926-2588) to find classes nearby to help you quit using tobacco. Your own health district provides classes at no charge. In these group classes you'll learn:

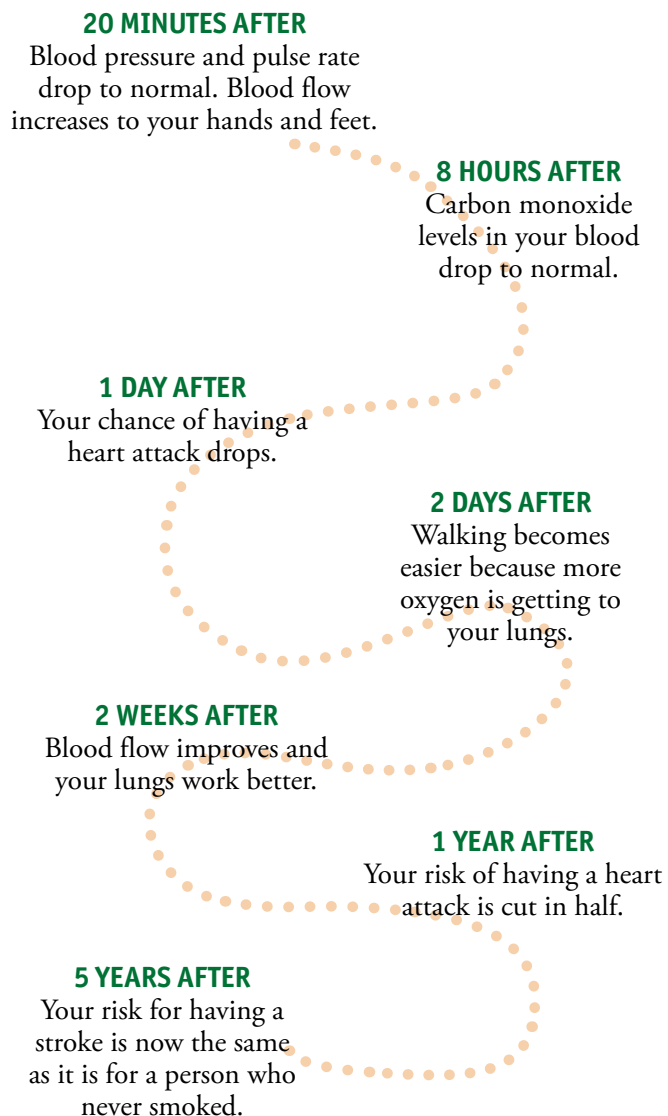
- Information and tips on how to quit
- New coping skills
- Nutrition and physical activity tips to help avoid weight gain
- Stress management

Check out www.projectfilter.org

Go online to www.projectfilter.org to learn more about what the Tobacco Prevention and Control Program is doing to help Idahoans stop using tobacco.



Good things happen after you quit smoking!



The Idaho QuitLine and QuitNet are programs of the Idaho Tobacco Prevention and Control Program at the Idaho Department of Health and Welfare. No tax dollars are involved and no fees are charged to people who call the QuitLine or log onto QuitNet.



Your anniversary
Your rent payment
Your birthday
Your car insurance
Your first day of work
Your cell phone bill
YOUR HIGH SCHOOL REUNION
Your cable bill

Your Quit Date

