

1800-QUIT-NOW

The Indiana Tobacco Quitline is a free phone-based counseling service that helps Indiana smokers quit. Their services include:

- One-on-one coaching for Tobacco Users who have decided to quit
- Resources for Healthcare Providers who want to improve patient outcomes
- Best practices for Employers who want to implement smoke-free policies
- Support for Family and Friends who want to help loved ones stop smoking
- Tools for Tobacco Control partners to complement their current programs

These services are available to you 7 days-a-week in multiple languages. The Quitline promises to meet you where you are and provide solutions tailored to your needs.



For support information call us today at 1800-QUIT-NOW.

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