



COVID-19 provides new motivation for tobacco users to quit; Text2Start is a new and easier way to connect with the free services to help break the tobacco addiction.

TEXT2START

Indiana is making it easier to quit tobacco. Simply text READY to 200-400 to register for free services from 1.800.Quit.Now.

EASY AS 1-2-3

1. Text READY to 200-400
2. Answer 3 questions: Name, Zip Code, and permission to call/leave a message.
3. A professional quit coach will call within 48 hours to enroll in services.



INDIVIDUALS HAVE THREE WAYS TO CONNECT WITH THE INDIANA TOBACCO QUITLINE:

1. Call 1.800.Quit.Now
2. Text READY to 200-400
3. Visit QuitNowIndiana.com and click the Ready to Quit link

Professional Quit Coaches® will help people quit at their pace. There are never any lectures, pressure, or judgments. Just free help. Individuals may cancel this free service at any time.