

# QUIT TOBACCO WITH FREE HELP!

If you smoke or use spit tobacco, you can fight the addiction—and win.

The **WEST VIRGINIA TOBACCO QUITLINE** is a **FREE** service for tobacco users who want to quit.

By enrolling, you receive **FREE** educational materials about how to stop tobacco. The program also provides more support through four **FREE** calls with a phone coach. You are more likely to quit when someone is coaching you.

Defend yourself from addiction.

**QUIT TOBACCO.  
CALL THE WEST VIRGINIA QUITLINE.**

# 1-877-966-8784

DEFEND YOURSELF. DEFEND YOUR FAMILY.

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WEST VIRGINIA DEPARTMENT OF HEALTH & HUMAN RESOURCES  
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Division of Tobacco Prevention, Cessation Program  
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FIGHT  
ADDICTION

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