

Define yourself.

Don't let tobacco use define who you are. Step up and make the right choice for your health and future before it's too late. Don't become another statistic of smokeless tobacco use. Quit Now!

quit spit.



Save Face

stop spit tobacco.

Kicking a habit can be brutally tough, but that's why we're here to help. Make the call to get support from our friendly professional counselors and take the first step towards quitting smokeless tobacco for good.



For more help, call the West Virginia Quitline toll free at 1-877-966-8784 or 1-800-QUIT-NOW

A pinch of reality

