



What is QuitlineNC?

QuitlineNC is free help for people in North Carolina who want to quit using all types of tobacco.

Call 1-800-QUIT-NOW (1-800-784-8669) or visit www.quitline.com for more information or to get help quitting tobacco.

How does QuitlineNC work?

When you sign-up for QuitlineNC, you will meet with an expert Quit Coach. We know what you're going through. We don't nag or lecture. We help you feel more confident about quitting for good. There are different ways to quit.

Trained Quit Coaches help you plan to quit and give you skills to help you quit.

Coaching sessions take about 15-20 minutes. Quit Coaches will contact you at times that work for you during your pregnancy and even after your baby is born!

QuitlineNC Quit Coaches will help you:

- Set a quit date.
- Learn how to talk to your doctor about medications.
- Tobacco-proof your home and car.
- Learn skills to help with urges to use tobacco.
- Build a support system to help you quit and stay quit after your baby arrives.

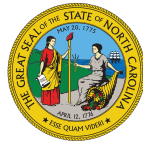
You will get free materials in the mail with tips and strategies for quitting and access to coaching support via text, chat and phone.



24 hours a day / 7 days a week
QuitlineNC is free and confidential.



QuitlineNC.com • 1-800-QUIT-NOW
1-855-Déjelo-Ya



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health

NC Department of Health and Human Services
Division of Public Health
Tobacco Prevention & Control Branch

1932 Mail Service Center, Raleigh, NC 27699
Phone: 919-707-5400 • Fax: 919-870-4844
www.tobaccopreventionandcontrol.ncdhhs.gov

NCDHHS is an equal opportunity
employer and provider. 3/2023



**Quitting
tobacco is
one of the
best things
you can do
for you and
your baby.**



*You can quit.
We can help.*



Why Quit Now?

It is never too late to quit tobacco!

Quitting tobacco during pregnancy will help your baby by:



Promoting healthier brain development



Lowering risk of miscarriage, stillbirth and Sudden Infant Death Syndrome (SIDS)



Lowering risk of being born too small or too early



Lowering risk of coughs, colds and ear infections



Lowering risk of asthma



Lowering risk of cancer, diabetes and heart disease when your baby grows up

"I have been quit for two years. If anyone can quit after all I have been through and stay quit, it is pretty amazing."

- QuitlineNC Participant



Help to Cope with Stress

Many people smoke, vape or dip to deal with stress or sadness. But did you know that tobacco use also causes anxiety and sadness? That's because any time you are not using tobacco, even for a short time, your body experiences nicotine withdrawal, which is stressful. Studies show that when you quit for good, your mood and anxiety improve in the long run. Quit coaches can help you find ways to handle tough situations, like when you are feeling stressed.

How to Sign-up

Call 1-800-QUIT-NOW (1-800-784-8669) or visit www.quitlinenc.com

You can sign-up by phone, text or online 24 hours a day, seven days a week!

What to Expect

When you sign up for QuitlineNC, you will answer questions about yourself, your tobacco use and how ready you are to quit.

Signing up takes about 15-20 minutes by phone. After you are signed up, a trained Quit Coach will contact to you.

How to Receive Your Coaching

Once you join the program, you will be able to meet with your coach by text, chat, telephone or even group video. You will schedule your meetings on your online portal. you'll also have ways to get help that is not scheduled. We'll be there when you need us.