

1-800-QUIT-NOW

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QuitlineNC

It's free. It works.
You can quit. We can help.



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- Quit Coaching by phone, text or online chat
- Free nicotine patches, gum, or lozenges if eligible
- Available 24/7
- Nonjudgmental and confidential
- **Free** for North Carolina residents of all ages

1-800-784-8669; TTY 1-877-777-6534

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