

QuitlineNC Behavioral Health Program

1-800-Quit-Now (1-800-784-8669) • QuitlineNC.com

To better support tobacco users with mental health conditions including substance use disorder, QuitlineNC now offers an intensive Tobacco Cessation Behavioral Health Program. The program design includes higher intensity behavioral and pharmacological support consisting of:

- **Seven scheduled calls** to provide additional support during the pre-quit planning phase and to prevent relapse.
- **12-week regimen** of combination nicotine replacement therapy – nicotine patches for the addiction, plus nicotine gum or nicotine lozenge for urges.
- **A letter to the participant's health care provider** informing them that their patient is attempting to quit tobacco and giving them some suggestions on how they can support their patient in the process.
- **A team of dedicated coaches** who have received extensive training on mental illness and tobacco treatment. The coaches are also able to flex intervention content and tailor the treatment to these participants.

Eligibility:

The following mental health question below will be asked of all callers during registration. Those callers who report schizophrenia or bi-polar conditions (Tier 1) are automatically offered enrollment. Those who report depression, anxiety, Post-Traumatic Stress Disorder, Attention Deficit Hyperactivity Disorder or Substance Use Disorder (Tier 2) are asked a question to assess whether they believe their condition will interfere with their ability to quit and stay quit. Those who say "yes" are offered enrollment.



Question #1:

"Do you currently have any mental health conditions, such as:

- Bi-Polar Disorder
- Depression
- Drug or Alcohol Use Disorder (SUD)
- Generalized Anxiety Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Schizophrenia
- Attention Deficit Hyperactivity Disorder (ADHD)

Question #2:

If the participants answered YES to Q1, then Q2 would be asked:

"Do you think that these mental health conditions or emotional challenges might interfere with your ability to quit?"



NC Department of Health and Human Services • Division of Public Health •
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