



# You Can Quit Smoking and Vaping

Quit Now Kentucky can help!

- 1 Sign up free at [QuitNowKentucky.org](https://QuitNowKentucky.org) or by calling 1-800-QUIT-NOW 24 hours a day, seven days a week.
- 2 Schedule your first free coaching call for a time that fits your schedule.
- 3 Get a free welcome packet in the mail with tips to help you plan your quit and fight cravings.
- 4 Get quit-smoking medications like gum, patches, or lozenges, delivered straight to your door (with provider consent).
- 5 Enjoy at least five free, no-judgement coaching calls to learn how to quit and stay quit.



Text QUITNOW to 333888

# Help Quitting Tobacco

Frequently Asked Questions About 1-800-QUIT-NOW



## What is Quit Now Kentucky?

Quit Now Kentucky is a tobacco quitline for people who live in Kentucky. It is a toll-free number you can call for help quitting smoking, vaping, dipping or using other kinds of tobacco products!

## What can I expect when I call?

You will get free support and advice from a quit coach, an experienced professional who is trained to help people quit tobacco. Your quit coach may ask you about your tobacco use, motivation to quit and/or previous experiences trying to quit. This is completely confidential and helps them create a plan that will work for you!

## What if I am not ready to quit?

You don't have to be ready to quit today to call the quitline. Your quit coach can help you explore your worries and doubts about quitting and help you identify new solutions.

## Can I get help in-person?

Quit Now Kentucky is only available online and by phone, but a quit coach may be able to help you find in-person resources near you. You can also ask your local health department if they offer classes, or search for a Freedom From Smoking clinic at [lung.org/quit-smoking](http://lung.org/quit-smoking).

## What if I do not live in Kentucky?

Quit Now Kentucky is only for people who live in Kentucky, but anyone in the U.S. can call 1-800-QUIT-NOW to talk to a quit coach. Services differ from state to state, but they're always free!

## How much does the quitline cost?

Quitline services are free. Quit Now Kentucky is sponsored by the U.S. Department of Health & Human Services and the Kentucky Department for Public Health.



## Will they make me feel bad about smoking?

Absolutely not! Quitline coaches are hired and trained based on their ability to help you. Many used to smoke themselves, so they understand what you are going through.

## Does Quit Now Kentucky work?

Yes! People who use a quitline are more likely to quit for good than people who try to quit smoking on their own. One study found quitline coaching can double the chances of quitting. You could even triple your success rate by combining quitline coaching with medications like the patches available through Quit Now Kentucky.

## What if I am under 18?

Quit Now Kentucky provides free, confidential help to people of all ages, but high school and middle school students may want to try My Life, My Quit - which is specifically for people ages 17 and under! Text START MY QUIT to 36072 or visit [MyLifeMyQuit.com](http://MyLifeMyQuit.com).



Kentucky Public Health  
Prevent. Promote. Protect.

