

**You Can Quit • We Can Help**



**Tobacco Cessation**

---

**1-800-QuitNow (1-800-784-8669)**

**[www.QuitNowKentucky.org](http://www.QuitNowKentucky.org)**

---

**Telephone • Text • Online**  
**Bilingual • It's Free**

---

## Quit Now Kentucky

---

Quit Now Kentucky is available 7 days a week by telephone at 1-800-784-8669 or at [www.QuitNowKentucky.org](http://www.QuitNowKentucky.org). You will receive FREE:

- Support from an experienced quit coach
- A personalized quit plan and self-help materials
- The latest information about medications that can help you quit
- Text messaging
- eCoach mobile app
- Social support available online
- Proactive email support
- Pregnancy/postpartum program

All cessation services are bilingual. Participants who use Quit Now Kentucky are more likely to succeed than those who try to quit on their own. Take control of your tobacco dependence and Quit Now Kentucky!