

NDQuits Information for School Staff

NDQuits

1.800.QUIT.NOW

www.ndhealth.gov/ndquits

- NDQuits offers free, confidential, cessation counseling to any North Dakota resident interested in quitting tobacco.
- NDQuits offers assistance via several options – telephone, online and mobile.
- The toll-free number for NDQuits is 1.800.QUIT.NOW (1.866.388.7948). The toll-free TDD number is 1.800.842.4681.
- NDQuits can be reached online and by mobile device by going to www.ndhealth.gov/ndquits.
- Smokers, smokeless tobacco users, e-cigarette users, family members of tobacco users and health care professionals can use NDQuits.

- NDQuits counseling protocols and educational materials for youth are specific to the 12- to 17-year-old population.
- In North Dakota, individuals 14 and older do not need parental consent to receive counseling.¹ All NDQuits services (phone, online and mobile) are available to youth 14 and older. Youth younger than 14 can access services with parental or guardian consent.
- Educational materials such as posters, brochures palm cards and wallet cards are provided at no cost.
- For more information about referring your students to NDQuits, contact the North Dakota Department of Health, Tobacco Prevention and Control Program at 701.328.2367 or 800.280.5512.

¹ North Dakota Century Code, Chapter 14-10 (Minors), Section 14-10-17.

For more information, contact:
 Tobacco Prevention & Control Program
 North Dakota Department of Health
 600 E. Boulevard Ave., Dept. 301
 Bismarck, N.D. 58505-0200
 701.328.3398 or 800.280.5512 / www.ndhealth.gov/tobacco

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