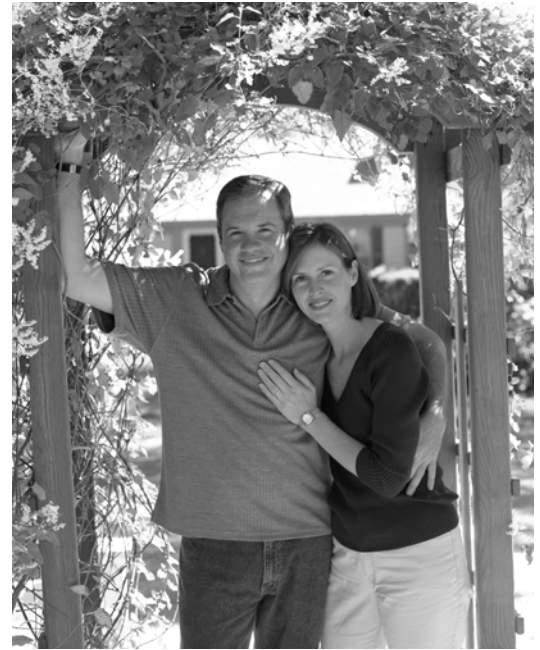


North Dakota Tobacco **QUITLINE** **1•800•QUIT•NOW**



- ◆ The North Dakota Tobacco Quitline is a FREE service available to help North Dakota smokers and spit-tobacco users quit using tobacco.
- ◆ North Dakota residents can call the toll-free number, **1.800.QUIT.NOW** to discuss quitting with a professionally trained counselor.
- ◆ Hours for the North Dakota Tobacco Quitline are (Central Time):
 - Monday-Thursday: 7 a.m. - 8 p.m.
 - Friday: 7 a.m. - 7 p.m.
 - Saturday: 10 a.m. - 4 p.m.During other hours, callers will be able to leave a message and counselors will return their call during open hours.
- ◆ Counselors will help callers establish a “quit plan” and guide them through the quitting process with follow-up phone calls.



- ◆ Family members of tobacco users may call for support and information. The Quitline is also a resource for health-care professionals, including physicians, nurses, dentists and counselors.
- ◆ The vendors providing the service for the North Dakota Tobacco Quitline are the University of North Dakota’s Department of Family and Community Medicine and the Mayo Clinic Tobacco Quitline.
- ◆ Health-care provider education and training on how to counsel patients to quit using tobacco and educational materials for health-care professionals to share with their patients, such as posters for waiting rooms, brochures, prescription pads and pocket cards are available by contacting the North Dakota Division of Tobacco Prevention and Control at 701.328.3138.

YOU CAN QUIT. WE CAN HELP.