



1-800-QUIT NOW

1-800-784-8669

www.quitnownm.com

Call today to see if the help line is right for you.

Callers are offered:

- Services in English and Spanish from 6 a.m. to 10 p.m., seven days a week
- Free quit plan
- Unlimited telephone sessions with a trained cessation coach
- Services for youth and adults
- Free self-help materials to help participants stay on track with their quit plan between calls

Now offering free nicotine patches or gum.

NEW MEXICO
DEPARTMENT OF
HEALTH