



1-800-QUIT NOW

1-800-784-8669

www.quitnownm.com

Quit Tips

set a quit date and stick to it
make a list of your reasons to quit and read it when you have cravings
ask your friends and family for support
ask your healthcare provider if nicotine replacement or other medications are right for you
drink lots of water
chew sugarless gum, sunflower seeds, or carrots
avoid those situations that make you want to smoke the most
when cravings hit, take a walk, call a friend or do anything you can to keep from smoking
exercise
reward your successes

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.

NEW MEXICO
DEPARTMENT OF
HEALTH



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