



1-800-QUIT NOW

1-800-784-8669

www.quitnownm.com

NEW MEXICO
DEPARTMENT OF
HEALTH

Help line features:

- Open 6 a.m. to 10 p.m., 7 days a week
- Services for youth and adults
- Services in Spanish and English, with translation available for other languages

Callers are offered:

- One-to-one telephone sessions with a trained coach
- Personalized quit plan for smokers and chewers
- Free nicotine patches or gum, as appropriate
- Free materials to help participants stay on track with their quit plan between calls

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