



1-800-QUIT NOW

1-800-784-8669

www.quitnownm.com

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New Mexico's Free Tobacco Help Line

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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 cessation coach
- Personalized quit plan
- Free nicotine patches or gum, as appropriate

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

