

The HelpLine offers support that can help you stay tobacco-free for life.

The Quit Kit can help by giving you:

- Quitting tips, like how to manage stress without tobacco
- Tips on helping someone else quit
- Things to do instead of using tobacco
- Information on nicotine replacement medication
- How to cope with cravings
- Facts about secondhand smoke
- Tips to help you *stay* tobacco-free



John Elias Baldacci, Governor

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In accordance with Federal laws, the Maine Department of Human Services does not discriminate on the basis of sex, age, color, national origin, or disability in admission or access to or treatment or employment in its programs and activities. The Department's Affirmative Action Coordinator has been designated to coordinate our efforts to comply with and implement these Federal laws and can be contacted for further information at 221 State Street, Augusta, Maine 04333, (207) 287-8015, or 1-800-438-5514 (TDD).



When you're ready to quit, just call.

1-800-207-1230

THE MAINE TOBACCO HELPLINE



Partnership For A Tobacco-Free Maine
Bureau of Health, Department of Human Services

We're here to answer your questions and offer friendly support.

One of the hardest things to do is to quit smoking. Quitting is a process and sometimes it takes more than one try. Your call to the Maine Tobacco HelpLine is an important first step. If you're having a tough time, the HelpLine offers support that can help you stay tobacco-free for life.

What you should know about the HelpLine.

- The HelpLine is for people who are thinking about quitting or who are ready to quit smoking, or for people who want to help a friend or family member quit.
- Your call to the HelpLine is free and totally confidential.
- We offer positive, supportive messages. We won't pressure you or put you down.
- We offer personal support geared to your life.
- You are two or three times more likely to quit with help from the HelpLine than when you try to quit on your own.
- Since you get help by phone, you don't have to worry about missing work or how to get to appointments or about who will watch the kids while you're gone.

What happens when you call?

- Each call is handled in a confidential and supportive way.
- We'll start by asking you some questions to see what kind of help you want and need.
- If you are interested in quitting, you'll talk to one of our specialists.
- If you are ready to quit, we'll help you set a quit date.
- We'll help you think about what makes you smoke and give you ideas to help cope with urges.
- We'll discuss using nicotine gum or a patch and let you know if you qualify for the Medication Voucher Program.
- We'll help you feel comfortable talking about smoking.
- Once you say it's okay, we'll set up the next calls.
- By calling to see how you're doing, we can help you reach your goal.

**It's Free, Confidential
and It Really Works.**

If you want to quit—we'll make a plan just for you.

Call

1-800-207-1230

THE MAINE TOBACCO HELPLINE

Monday to Thursday 10 a.m. to 8 p.m.
Friday 10 a.m. to 5 p.m.
Saturday 10 a.m. to 2 p.m.

If you call after hours, please leave a message.
Someone from our staff will call you back.

Remember: The HelpLine is open to everyone.
Even if you don't use tobacco, you can call
for family or friends who do.