

Ready. Set. Quit.

No need to go it alone.

Check out these resources and get the assistance you need to be successful.

- **Nebraska Tobacco Quitline**

Call **1-800-QUIT-NOW (784-8669)** for free, confidential counseling from a trained Quit Coach. In addition to telephone coaching, receive self-help materials and referrals to community programs. Quitline services are available 24/7 for all Nebraskans.

- **QuitNow.ne.gov**

Go to the Nebraska Tobacco Quitline website for information, support, encouragement and helpful links in one handy spot.

- **QuitNow Mobile App**

Get motivation and support wherever you go PLUS track the money saved since quitting and the days added back to your life. Find the app under “Tools for Quitting” at **QuitNow.ne.gov**.

- **Web Coach**

Access motivational tools, social support and information about quitting tobacco. Web Coach is free for anyone enrolled in the Quitline program and can be found at **quitnow.net/nebraska**.

- **Smoke-Free Counter App on Facebook**

See how much money you’ve saved since quitting and what it could buy. Log on to your Facebook account and search “SmokeFreeNE.”

- **In-Person Support**

Opt for face-to-face assistance through a local cessation class. Go to the “Tools for Quitting” page at **QuitNow.ne.gov** to get started. The Tobacco Cessation Programs list provides locations and contact information for classes throughout the state.

QuitNow.ne.gov | 1-800-QUIT-NOW (784-8669)

[Quitline services are available 24/7 in 170 languages.]

**NEBRASKA
TOBACCO
QUITLINE**