

I'm **done** letting
cigarettes and vapes
control **my life.**



Call or sign up online for a **FREE** custom quit plan,
FREE patches, gum, or lozenges, **and more!**

The Hawai'i Tobacco Quitline is open 24 hours a day,
7 days a week and is completely **FREE.**

HAWAI'I TOBACCO QUITLINE

1-800 QUIT-NOW

HawaiiQuitline.org | 1-800-784-8669



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- Nicotine patches, gum, and lozenges
- Tools to help you set a quit date, beat cravings, and manage stress
- Help from friendly local coaches by phone or text
- Special programs to meet you where you're at in your quit journey:



2-week Starter Kit of patches, gum, or lozenges to kick-start your quit. Choose to work with a coach or do it on your own.



People with depression, anxiety, bipolar, PTSD, and schizophrenia get even more support to quit and stay quit. Struggling with alcohol or drugs? We have extra support for you too.



Hāpai (pregnant) or just had a baby? Our friendly female coaches can help you quit and stay quit after your baby is born. Enroll by phone for gift card incentives.



My Life, My Quit for youth ages 13–17 provides help to quit vaping. Connect with coaches by text or phone. Text "Start My Quit" to 36072, call 1-855-891-9989, or visit MyLifeMyQuit.com. Sign up and get free stuff!



Need more support? We've got you covered by text, by email, and online. You can do this!

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