

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.**

HAWAII TOBACCO QUITLINE

**1-800 QUIT-NOW**

HawaiiQuitline.org | 1-800-784-8669



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## Call or sign up online to get FREE:

- 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
- Enroll by phone to get more support and access to special programs:



**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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