Your Path to Quit Tobacco Can Start Today with Alaska's Tobacco Quit Line

What to expect:

- Free quit coaching through phone or online
- Free support through texts and emails
- Free nicotine replacement therapy, like patches, lozenges, and gum

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ALASKA'S TOBACCO QUIT LINE

1-800-QUIT-NOW
(784-8669)

AlaskaQuitLine.com

IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

Alaska's Tobacco Quit Line can help you quit smoking, chewing, or vaping.

Quitting now improves your health and reduces your chances of lung disease, heart disease, and cancers. Quitting tobacco has health benefits at any age, no matter how long or how much you have used.

For some people, quitting for good can take many tries. But each time you try, you are learning what works to help you quit—and what does not.

There are proven strategies to help you quit. Combining **quit coaching and nicotine replacement therapy** increases your chances of quitting.

Alaska's Tobacco Quit Line offers free services wherever you are—anywhere in Alaska.

There are many ways to enroll:
Call **1-800-QUIT-NOW** (1-800-784-8669), or
Visit **AlaskaQuitLine.com** to get enrolled.

Decide which free resources work best for you:

- Nicotine patches, lozenges, and gum
- Coaching over the phone or online
- Supportive emails and texts, and more!

Additional services
You may be eligible for additional free services if you:

- are pregnant, are planning to get pregnant, have recently given birth, or
- are experiencing a mental health condition like depression or anxiety.

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