

Ready to quit smoking
or vaping nicotine?

Free help is available
In Rhode Island.



**Counseling by phone + NRT
can double your chances
of quitting.**

**Free, safe, and effective services are available to
reduce nicotine dependence and quit for good.**

- **The Rhode Island Nicotine Helpline (1-800-QUIT-NOW)**
 - Get up to five free counseling sessions by phone.
 - Certified Tobacco Treatment Specialists will coach you to quit smoking, quit vaping, manage nicotine cravings, and more using winning strategies!
- **Free Nicotine Replacement Therapy (NRT) in two-week supplies or more are designed to safely REDUCE nicotine dependence.**
 - NRT is available to eligible callers as patches, gum, or lozenges (while supplies last).
 - NRT is clinically proven as safe and effective by the FDA for quit support.

Vaping and e-cigarettes are not approved as safe for treating nicotine addiction, should never be used by persons under age 26, and are never safe for pregnant women, or other adults who have never smoked or used tobacco.

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

