

## Quitlines

### Support at your fingertips

A great way to gain support without leaving the conveniences of home is to use a telephone quitline. In fact, **“quitlines have been proven to double your chances of successfully quitting.”**<sup>16</sup> A quitline is a telephone number you call to get personal support, counseling, encouragement, etc. to help you through the tough spots and keep you quit. The advantage of using a quitline is its convenience. Most quitlines are available any time you choose to pick up the phone and call.

The United States Department of Health and Human Services (USDHHS) has created a national, toll-free quitline number that will route you to a state-sponsored quitline or to the National Cancer Institute’s quitline if a state-sponsored line is not available. The USDHHS number is 1-800-QUIT NOW (1-800-784-8669).

Other national quitlines available include:

- National Cancer Institute (mentioned above)  
1-877-44U-QUIT (1-877-448-7848)
- American Cancer Society  
1-877-YES-QUIT (1-877-937-7848)
- American Lung Association  
1-800-LUNG-USA (1-800-586-4872)
- American Legacy Foundation: Great Start (for pregnant women) 1-866-667-8278

For more help in locating a quitline, try these locating services:

- American Cancer Society’s [Find a Quitline or Other Support](#).
- [North American Quitline Consortium’s Quitline Map](#) – Just click on your location for the nearest quitline information.

