

Quit Tip

Vary your routine. If you usually get up, drink coffee and have a cigarette, try going for a walk or drinking something that isn't linked with smoking.

How the *Quit Line* works.

When you call, you'll speak with a specialist about your tobacco use, past quit attempts and your individual needs.

Then you and your quitting coach will make a plan for successfully quitting. You will get a quit kit in the mail and can receive up to four calls while you are trying to quit. You can, of course, call the *Quit Line* at any time when you need support or a quit tip.

The *Wisconsin Tobacco Quit Line* has been providing free, individualized quit smoking help to thousands of Wisconsin residents since 2001.

The *Quit Line* is staffed by friendly experts who offer practical advice to all tobacco users who want to quit.

The result is that you are three times more likely to quit successfully if you use the *Quit Line*.

In fact, your best chance for success is using medications and coaching. The *Quit Line* specialists will tell you about medications that can help.

Quit Tip

If you need to do something with your hands, carry paper clips to bend or paper and pens for doodling. You can also keep cards handy for solitaire or other games.



"I'm glad the *Quit Line* sent me the information. I loved it. It was great. I read it over and over."

– Susan, Janesville

W I S C O N S I N T O B A C C O
QuitLine

W I S C O N S I N T O B A C C O
QuitLine

Toll Free Numbers
1-877-270-STOP(7867)
1-877-2NO-FUME (Spanish)
1-877-777-6534 (TTY)

Quit Line Hours
7 AM to 11 PM daily

If you call at other times, just leave a message and you'll be called within 2 business days.

Translators for languages in addition to Spanish are available. This includes Hmong



"Since I've quit, I've saved money and I feel great."

– London, Milwaukee

UW-CTRI

The Wisconsin Tobacco Quit Line is managed by the UW Center for Tobacco Research and Intervention and is funded by the Wisconsin Department of Health and Family Services

For more information or additional materials, contact UW-CTRI at **608-262-8673** or go to our website at **www.ctri.wisc.edu**



"Quitting smoking is the best thing I've ever done."

– Pat, Madison

1 - 8 7 7 - 2 7 0 - S T O P!

It's about how good you feel when you quit tobacco . . .

"To have control of your life is so wonderful."

– Connie, Madison

"I can breathe better, things smell better and it's great."

– Sherry, Waterloo

"Since I quit smoking, food tastes better, everything smells better and I sleep better. Now I can be there for my grandkids."

– William, Milwaukee

"I sat in my chair in my living room and said, I'm not a smoker any more; and it felt so good."

– Helen, Madison



"Now we get to play, read and do all the things a dad and a three-year-old do together."

– Don, Poynette

It's not just about will power . . .

You probably have tried to quit before.

It takes most people several tries before they can quit for good. But when you tried, perhaps you did it:

- without a plan
- without support from others
- without medication
- without coaching from experts

You probably have learned a lot from this experience. And, you can use what you've learned to try again.



"The thing I like about my job is that we try to personalize each plan for quitting."

– Quit Line Coach

When you call the *Wisconsin Tobacco Quit Line*, you will talk with someone who knows all about quitting and can help you through it.

After an initial interview, you will:

- Make a plan to quit (your *Quit Line* coach will help you)
- Gather information on how to quit (we'll send you a quit kit)
- Arrange for coaching from the *Quit Line* (we'll call you at times you suggest)

This time you'll be prepared for those urges, you'll know how to deal with stress, you'll find something to do with your hands and you'll learn ways to quit successfully.

This time you can quit for good . . .

"The Quit Line was so supportive . . . They would call regularly to make sure I was all right. I felt they were always in my corner."

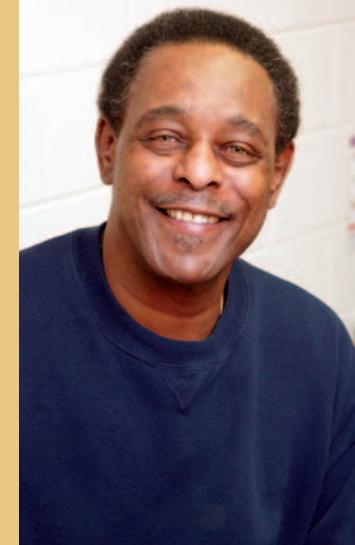
– Sharon, Sun Prairie

"I credit the Quit Line for a lot of my help. And I would suggest to anyone else who is thinking about quitting to call the Quit Line to see what they have to say."

– Fred, Mosinee

"The Quit Line is full of amazing people. You can call anytime . . . It doesn't seem quite so overwhelming when there're people there just like you."

– Michelle, Jefferson



"I feel good about quitting all the way around. I'm determined not to smoke the rest of my life."

– Charles, Milwaukee