

North Carolina Tobacco Use Quitline

1-800-QUIT-NOW

- Trained Tobacco Cessation Coaches – English, Spanish and other languages
- Coaches can call back upon request
- Toll-free number 1-800-QUIT-NOW
(1-800-784-8669)
- 8 a.m. – 3 a.m. / 7 days a week
- For all North Carolinians – Youth & Adult
- TTY 1-877-777-6534



1-800-QUIT-NOW
1 - 8 0 0 - 7 8 4 - 8 6 6 9

NORTH CAROLINA
Health  **Wellness**
TRUST FUND


**North Carolina
Public Health**