

MONTANA TOBACCO



People who use the Montana Tobacco Quit Line are 7 to 10 times more likely to quit than those trying to quit on their own.

Montana Tobacco Quit Line Services

- A **FREE** telephone service for all Montanan's – 1-800-QUIT-NOW
- **FREE** cessation coaching personalized quit plan
- 5 **FREE** pro-active cessation coaching sessions
- 2 **FREE** weeks of nicotine replacement therapy (gum, patches or lozenges) if appropriate, for cigarette or smokeless tobacco users
- Chantix at a reduced cost (\$50 co-pay)
- **FREE** educational materials for health care providers as well as friends and families of tobacco users
- Trained staff that offers **culturally appropriate** services for **American Indians**
- Specific Counselors specialize in **Teen** Smokers, **Spit** Tobacco, **Prenatal** Smokers, Stress Reduction, Weight Loss and Exercise Programs.

Montana Quit Line Hours

Monday-Thursday	7 am – 9 pm
Friday	7 am – 7 pm
Saturday-Sunday	8 am – 4:30 pm

We have 24-hour voicemail, so please leave us a message. We will call you back!