



YOU CAN
QUIT
NICOTINE ADDICTION

1-866-NY-QUITS
(1-866-697-8487)



Talk.



Get support.



Get medications.



You never gave up on me –
and I've finally been able to quit!
(QUITLINE CALLER)

Let us help

For over 20 years, the New York State Smokers' Quitline has helped NY residents quit tobacco.

Today, we help New Yorkers quit smoking and vaping by offering one-on-one, tailored **phone, online, and text support**, as well as a **FREE supply of patches and more!**

Get started

Thinking about quitting smoking, vaping, or other forms of tobacco?

Call **1-866-697-8487**
Visit **nysmokefree.com**

Or scan

