

Tobacco Use is Expensive.

Quitting is Free.

Get free, confidential
support & nicotine
replacement therapy.*

Call or go online now
for free 24/7 support and quit resources.

NEBRASKA
TOBACCO
QUITLINE

1-800-QUIT-NOW (784-8669)

1-855-DÉJELO-YA (335-3569)

Working together to support your quit.



Nebraska Tobacco
Quitline callers discuss
wants, needs and can
enroll in our services.



Callers receive a **free**
coaching session with
a trained Quitline coach.



Callers and their coach
create a personalized
quit plan.



Callers can be
mailed **free** nicotine
replacement therapy.

**To qualify for the over-the-counter nicotine replacement therapy (gum, patch or lozenge), the caller must be a Nebraska resident over the age of 19 who is ready to quit, register with the Quitline and complete one coaching session. Callers will also be screened for medical eligibility. Offer available while supplies last. Funding for this offer is provided by the Nebraska Department of Health and Human Services as a result of the Tobacco Master Settlement Agreement.*

» QuitNow.ne.gov