

# WE BELIEVE IN YOU.

Quit tobacco today.

When you're ready to quit tobacco, you can start now and know that you are not alone. At Quit With Us, Louisiana, we have expert quit coaches to help you, plus the resources and support you need—24 hours a day. 7 days a week.



call

**1.800.QUIT.NOW**



text

**READY to 200-400**



visit

**quitwithusla.org**

**QUIT WITH US, LA**  
LIVE LIFE TOBACCO-FREE

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# WHEN YOU'RE READY TO QUIT, QUIT WITH US.



Free counseling with expert quit coaches over the phone, by text, or online



Free nicotine gum and patches available



Free online resources

To learn more:

call **1-800-QUIT-NOW**

text **READY** to **200-400**

visit **[quitwithusla.org](http://quitwithusla.org)**

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