

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

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**



Scan this QR code with your smartphone camera to learn more.

This document was published for the Louisiana Department of Health to provide education on tobacco cessation. This material was printed in accordance with standards for printing by State Agencies established in R.S. 43.31. Printing of this material was purchased in accordance with the provisions of Title 43 of the Louisiana Revised Statutes.