

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 34191



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, patches and lozenges available



Free online resources



Even more support for youth, people with behavioral health issues and pregnant people

To learn more:

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

text **READY** to **34191**

visit **quitwithusla.org**



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

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