

Vermont's Quit Smoking Services

Phone • In-Person • Online

The Vermont Department of Health offers these services to help Vermonters double their chances of quitting for good.

Free Phone Quit Coaching The Vermont Quit Line



The Quit Line links you with a quit coach who will call you at a time that works for you. Your coach will help you get ready to quit, and will give you tips, advice and support to help you stay quit.

The Quit Line can also link you to a local quit coach or mail out self-help materials.

The Vermont Quit Line can see if you're eligible for free or lower cost nicotine replacement therapy like patches, gum or lozenges. Call toll-free **1-877-YES-QUIT** (937-7848) when you want to get ready to quit.



In-Person Quit Coaching Ready, Set...STOP Program



Each Vermont hospital has a **Ready, Set...STOP** program that offers one-on-one or group coaching to quit smoking, and they can help you get free or lower cost nicotine replacement therapy with the QuitBucks program.

To get started call the local **Ready, Set...STOP** program (at your local hospital). Or, you can call the Quit Line or go to www.tobaccostories.org to find out how to reach your local quit coach.

Free Online Quit Smoking Service www.VermontQuitNet.com



QuitNet.com is the leading online quit smoking resource. More than 60,000 smokers and ex-smokers visit the site every month to quit smoking or to stay quit.

QuitNet gives you advice, tips and other help to succeed. They figure out what type of smoker you are and send e-mails that fit you. The Vermont Department of Health provides free QuitNet access for all Vermonters, a savings of \$100.

Join QuitNet at www.VermontQuitNet.com.

For more info or to share stories, tips and advice, go to www.TobaccoStories.org.



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