



SMOKEFREE
oregon

“When I decided to quit tobacco, the **Quit Line helped me** make a plan and stay strong.”

The Oregon Tobacco Quit Line is free and available to all Oregonians

- The Quit Line is open 7 days a week
5:00 am to 12:00am
- Call: 1-800-QUIT-NOW (1-800-784-8669)
- Call: Español: 1-855-DEJELO-YA (1-855-335356-92)
- Register online:

www.quitnow.net/oregon/

You can quit. We can help.



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- **Free** and offers one-on-one telephone counseling
- For **all Oregonians** regardless of income or insurance
- Staffed by **real people** who are friendly
- Available in many **languages**

When you call or chat online:

- Connect with a real coach to get help making **your own** quitting plan
- Get tips to **beat that urge** to smoke or chew
- Learn if you are **eligible for free nicotine gum or patches**

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