

A healthy you!

If you are a person with a disability, health risks from using commercial tobacco may be higher.

Smoking can even worsen or increase the risk of other serious illnesses like diabetes or heart disease.

But the benefit of quitting can be big!

Help from the Quitline can increase your chances of quitting for good!

The NYS Quitline offers a variety of services to support your needs.

Get help to quit smoking or vaping with one-on-one phone, online, and text messaging support, plus free

patches, gum, or lozenge!

Get started!

Call
1-866-NY-QUITS

(1-866-697-8487)

Visit NYSmokeFree.com

Or scan this image using your smartphone camera:



