

The Quitline can help.
All services are free! Get:

- Personalized support
- Nicotine patches, gum, or lozenge
- Call, chat, or text a Quit Coach
- Texting program, Learn2QuitNY

For help to quit smoking and vaping:

Call
1-866-NY-QUITS
(1-866-697-8487)

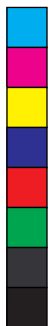
Visit
NYSmokeFree.com

Or scan:



Developed by Roswell Park Cessation Services
for the New York State Smokers' Quitline.

People With Disabilities
Quitting Smoking



Quitting smoking makes a difference.

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

Smoking can make illnesses like diabetes or heart disease worse.

That's why the benefit of quitting smoking can be big!

