



## Welcome to the New York State Smokers' Quitline

*"I actually set the date and got the patch. It was like taking that next step not just talking about it."*



The Quitline is a free and confidential program providing evidence-based stop smoking services to New York State residents who want to stop smoking or using other forms of tobacco.

The Quitline is located at Roswell Park Cancer Institute and is supported through the New York State Department of Health.

### Quitline Services

#### Tobacco-Free Coaching



- Coaching calls
- Pre-recorded information and tips
- Motivational messages
- Online information
- Online Chats

#### Free (NRT) Nicotine Replacement Therapy



- Free NRT starter kits
- Online NRT ordering

#### Easy Provider Referral Programs



- Fax-to-Quit patient referrals
- Online patient referral
- Referrals for patients to call the Quitline directly

### Multi-lingual Services

The Quitline provides services for English, Spanish speaking clients, and in other languages upon request.

### Services for Non-Tobacco Users

The Quitline also provides services and materials to a variety of other callers, including friends and family of smokers, health educators, businesses, parents and students looking for information.

### Visit us on the web

**www.nysmokefree.com provides:**

- Information and tools to quit smoking
- Online NRT ordering
- Health care provider information
- Materials ordering and more

