



People with Disabilities CAN Quit Smoking!

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 Quitline can help.

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:



Developed by Roswell Park Cessation Services for the New York State Smokers' Quitline located in Roswell Park Comprehensive Cancer Center, Buffalo, NY.