

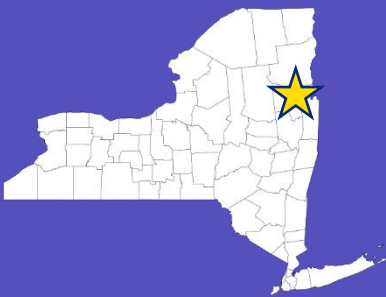


Call 1-866-NY-QUITS
Visit nysmokefree.com
Text QUITNOW to 333888
Texto DÉJELO YA NY al 333888

"The Quitline gave me the tools and confidence to become and stay tobacco-free."



Sheila G.
Age 43
Queensbury, NY



North Country Success Story

Sheila smoked cigarettes for 20 years. In 2016, she chose to become tobacco-free for her daughter and contacted the New York State Quitline for free coaching and medications. Today, as a mental health nurse and certified tobacco treatment specialist, she partners with the Quitline to support patients' quit-attempts.

"The nicotine replacement therapy medications really helped me wean off cravings over time. I always tell people to try using medications and have people to support your journey. Most of the time, people cannot overcome addiction on their own. Don't give up; ask for help."