



New York State Smokers' Quitline

1-866-NY-QUITS (1-866-697-8487) • www.nysmokefree.com



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 and Online patient referral
- Opt-to-Quit™ Program*
- Referrals for patients to call the Quitline directly

**The Opt-to-Quit™ program is designed to support a hospital, clinic, office practice or program to provide tobacco using patients with help to stop smoking. The Opt-to-Quit™ program is a policy-driven system-wide solution for ensuring stop smoking support is offered and accessible to patients once they leave the health care setting.*

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
- Online support through our online community, (qunity.nysmokefree.com) Facebook, Twitter and Google+.
- Quit Messaging services scheduled, customized Interactive Voice Recording, Text Messaging or email to register visit: qunity.nysmokefree.com.



On-Demand quit tips are also available to learn more text "Welcome" to **347-809-8874** or scan the code left.



Check us out on...

1-866-NY-QUITS (1-866-697-8487) • www.nysmokefree.com
• Call us: **Mon-Thurs 9am-9pm, Fri-Sun 9am-5pm** • Taped message library and tip of the day - 24 hours / 7 days • Join QuNiTY, your smoke-free community <https://qunity.nysmokefree.com>

This literature was developed by the Tobacco Control Program at Roswell Park Cancer Institute

