

Are you ready to quit tobacco?

You can do it!

There are resources available to help you become tobacco-free!

Talk To Your Health Care Provider Today for Support With Quitting!

1 out of every 2 smokers said they were motivated to quit because their health care provider recommended



**New York State
Smokers' Quitline**

FREE Service

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

www.nysmokefree.com

Free coaching, online chat, patches



**Are you pregnant and smoking?
There is help for you quit!**



Mothers & Babies Perinatal Network
Free cessation program
More Info: 1-800-231-0744



Type: 8-Week Cessation Program, Syracuse
More Info: 315-218-0850

UHS Nurse Direct (Binghamton)
Type: Telephone Cessation Counseling
More Info: 1-800-295-8088

Guthrie Cortland Medical Center
Commit to Quit 607-756-3807

Cayuga Med Convenient Care
Support Group 607-252-3590

Quit for Life Excellus BCBS
800-442-8904 Excellusbcbs.com

**EVERY TRY
COUNTS**

smokefreeVET

**Specialized resources available
for military service members!**

Call: 1-855-784-8838
Text: VET to 47848
Facebook: SmokefreeVET



truth initiative
INSPIRING TOBACCO-FREE LIVES

Text QUIT to 706-222-QUIT to leave JUUL or your e-cig.
Text QUITNOW to 202-759-6436 to quit cigarettes.
ThisIsQuitting.com