



## QUIT YOUR WAY



### PHONE QUIT

Talk to a Quit Coach® to help you get started.



### GROUP QUIT

Get the support you need at one of our group quit sessions.



### WEB QUIT

Get access to online tools to help you quit.



### MORE QUIT TOOLS

But wait, there are more ways to quit! Choose what you need or use them in addition to our Phone, Group and Web services.



# QUIT TOBACCO TODAY





## QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started. Just pick the one that's right for you and get the support you need.



### PHONE QUIT

1-877-U-CAN-NOW  
1-877-822-6669  
TTY/TDD 1-877-777-6534

TALK TO A QUIT COACH® TODAY TO BEGIN YOUR JOURNEY TO BE TOBACCO FREE.

Call Tobacco Free Florida at 1-877-U-CAN-NOW (1-877-822-6669) to speak with a trained Quit Coach® who will help you assess your addiction and help you create a personalized quit plan. You'll have access to a Quit Coach® 24/7, and you'll receive three free personal coaching sessions, scheduled at a time that works best for you. You'll be eligible to receive a FREE 2-week starter kit of nicotine patches, or gum, if medically appropriate and 18 years of age or older.



### GROUP QUIT

1-877-848-6696  
TTY/TDD 1-877-777-6534

YOU'RE NOT ALONE. JOIN A GROUP QUIT SESSION AND GET THE SUPPORT YOU NEED.

If you are looking for face-to-face help in a group setting, Tobacco Free Florida offers free resources through our Group Quit sessions. We'll provide you with support and guidance, led by a trained specialist. We offer sessions in all 67 counties in Florida at convenient times and locations. You'll be eligible to receive a FREE 2-week starter kit of nicotine patches, gum, or lozenges if medically appropriate and 18 years of age or older to help you become tobacco free. Call 1-877-848-6696 to sign up for a group near you.



### WEB QUIT

[tobaccofreeflorida.com/  
quityourway](http://tobaccofreeflorida.com/quityourway)

FOR THE DO-IT-YOURSELFERS THERE'S WEB QUIT, AN ONLINE RESOURCE THAT GIVES YOU ACCESS TO TOOLS, TIPS AND SUPPORT TO HELP YOU QUIT TOBACCO.

Many people prefer to quit on their own, but they're looking for a bit more help and guidance to quit smoking. Tobacco Free Florida has an online program called Web Quit that has proven to work for many people. This free online program helps you create a personalized web-based quit plan that you follow at your own pace and in private. You'll have access to Web Quit, where you'll find 2 weeks nicotine patches or gum, a progress tracker and blogs where you can share your story. You'll be eligible to receive a FREE 2-week starter kit of nicotine patches, or gum, if medically appropriate and 18 years of age or older.



### MORE QUIT TOOLS

[tobaccofreeflorida.com/  
quityourway](http://tobaccofreeflorida.com/quityourway)

BUT WAIT, THERE ARE MORE WAYS TO QUIT! HERE ARE SOME QUIT TOOLS TO HELP YOU GET STARTED.

You can still access FREE tools to get you started. Choose one. Choose two. Choose as many as you need. Or use them in addition to our Phone, Group and Web services. Receive a 2-week starter kit of free nicotine patches, if medically appropriate and 18 years of age or older, texting support, a quit guide, or helpful emails.



## FIVE TIPS TO GET STARTED

Tobacco Free Florida's free tools and services can help you quit any type of tobacco, including cigarettes, cigars and smokeless tobacco like chew and dip. Here are a few tips to help you along the way.

### 1 SET A QUIT DATE

Pick a date about two to four weeks away. Be sure to avoid holidays or other occasions that will be hard for you. Most importantly, don't pick tomorrow as your quit day. There are things you need to do to prepare.

### 2 GET SUPPORT

Quitting tobacco can be easier with support. Tell friends, family and co-workers about your plan to quit and ask for their support. Also talk with your health care provider, which can increase your chances of quitting tobacco.

### 3 USE MEDICATION CORRECTLY

Use nicotine replacement therapies (NRT), medication, or other quit therapies to lessen the urge to use tobacco and help you quit. Only use products that have been approved by the U.S. Food and Drug Administration (FDA), which are proven safe and effective.

### 4 KNOW YOUR TRIGGERS

Identify the triggers that lead to your urges and cravings to use tobacco. Then develop new coping mechanisms like exercise, drinking lots of water and maintaining a healthy diet.

### 5 DON'T GIVE UP


Even people who quit successfully sometimes have a slip and use tobacco briefly. Don't be ashamed or upset if you get off track. Continue to work toward a healthy, tobacco free life.

## CONNECT WITH US ONLINE

For additional support, join our online community on Facebook and follow us on Twitter and Instagram.

 Tobacco Free Florida

 @tobaccofreefla

 @tobaccofreeflorida