

Did you know?

Connect to Quit Corner

The Maryland Tobacco Quitline:

- Offers **4 FREE** telephone-based quit counseling sessions to tobacco users ready to quit
- Offers **FREE** Nicotine Replacement Therapy (NRT) (a 4 week supply) to assist adult tobacco users with their quit attempt
- Offers web-based and text-based services
- Operates **24** hours a day, **7** days a week



Connect directly to the Maryland Quitline by calling 1-800-QUIT NOW (1-800-784-8669) or by visiting <http://smokingstopshere.com>.