

MISSISSIPPI

# Tobacco Quitline



## START YOUR QUIT HERE

We are the Mississippi Tobacco Quitline and provide support and services to those that live in the state of Mississippi. You can get FREE help to start your quit journey from nicotine today.

**CALL NOW TO START**



**1-800-QUIT-NOW**

**Mississippi  
tobaccoQUITLINE**  
**1.800.QUITN** 

[WWW.QUITNOW.NET/MS](http://WWW.QUITNOW.NET/MS)  **1.800.784.8669**



## INDIVIDUALIZED COACHING

You can chat with a coach 1 on 1 over the phone, online, or by text for support specific to you. Coaches are available 24/7 for you to call in.



## NICOTINE REPLACEMENT THERAPY

Coaches help guide you in selecting the best NRT for you on your quit journey. All at no cost to you.



## ONLINE SUPPORT

Access online tips, tricks, and tools to help handle your triggers. Personalized quit plans and group coaching to help you succeed.



[www.quitnow.net/ms](http://www.quitnow.net/ms)