



**QUITTING  
TOBACCO WITH  
A BEHAVIORAL  
HEALTH  
CONDITION IS  
POSSIBLE!**

**1-800-QUIT-NOW**

**Free help to quit tobacco with a mental health condition or substance use disorder is a call away:**

- Up to 7 coaching calls per quit attempt
- Up to 8 weeks of free nicotine patches, gum, or lozenges
- Compassionate coaching 24/7
- Open to adults ages 18+ with: depression, anxiety, bipolar disorder, schizophrenia, ADHD, substance use disorders



**Quitting  
improves mental  
health and sobriety  
outcomes.**