

It's Time.



For Free Help Call

1-800-QUIT-NOW

**Alabama
Tobacco
Quitline**

ADPH 
Alabama Department of Public Health

For Free Help Call

1-800-QUIT-NOW

(1-800-784-8669)

Imagine yourself tobacco free

Avoid places where you are tempted to use tobacco

Remove all ash trays and spit cups from home and car

Take a deep breath

Think why you want to quit

Ask yourself do you really need to smoke/chew right now?