

Tobacco Cessation Hotline Information

Dear [Recipient's Name],

We understand that quitting tobacco can be challenging, and we want to provide you with the necessary resources to support your journey towards a healthier lifestyle. Below are some valuable hotlines that offer assistance and guidance for tobacco cessation.

National Tobacco Cessation Hotline

Phone Number: 1-800-QUIT-NOW (1-800-784-8669)

This hotline provides free and confidential support 24/7 to help individuals quit smoking and other tobacco products.

Smokefree.gov

Website: www.smokefree.gov

Offering a variety of tools and resources, including personalized quit plans, text support, and online chat.

State-Specific Hotlines

Please check your local resources for specific state-funded hotlines that may provide additional support.

We encourage you to reach out to these services for help in your path to tobacco cessation. Remember, you are not alone, and support is available.

Sincerely,

[Your Name]

[Your Title]

[Your Organization]

[Your Contact Information]