

Free help available to quit smoking

Colorado smokers ready to quit will find help by calling the Colorado QuitLine or logging on to coquitline.org. The QuitLine is a free telephone coaching service that connects people who want to quit tobacco with an experienced Quit Coach.



The Quit Coach works with the tobacco user to set up a personal quit plan and provide tips and support. Research shows smokers who use Colorado QuitLine services are more likely to successfully quit than smokers who try to quit on their own.

To access the Colorado QuitLine seven days a week in English or Spanish, call 1-800-QUIT-NOW (1-800-784-8669). To see what others are saying about the QuitLine, [join us on Facebook](#).