



**YOU CAN QUIT.  
WE CAN HELP.**

**Are you in recovery or living with  
a behavioral health condition?**

Quitting tobacco can improve  
depression, anxiety and stress.

**THE ASHLINE PROVIDES:**



Free, confidential support.



24/7 live coaching.



Phone or text.



Online tools and resources.



Nicotine patches, gum or lozenges.



**Call The Arizona Smokers'  
HelpLine at 1-800-55-66-222  
or sign up at [ASHLine.org](http://ASHLine.org)**