



**ASH
LINE**

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

**Quitting smoking,
e-cigarettes and chew sets
you up for a healthy life.**

THE ASHLINE PROVIDES:



Free, confidential support.



24/7 live coaching.



Phone, text or chat.



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](https://www.ASHLine.org)**