








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

**It's never too late to
quit smoking for you
and your baby.**

THE ASHLINE PROVIDES:

-  Free, confidential support.
-  24/7 live coaching.
-  Phone or text.
-  Online tools and resources.
-  Nicotine patches, gum or lozenges.*
*Requires a doctor's approval

Coaches

ASHLine Quit Coaches help pregnant people to stop smoking tobacco. Our coaches have special training to provide support before and after your pregnancy.

Coaching Sessions

Through nine coaching sessions, your Quit Coach will support you through the ups and downs of quitting tobacco.

Nicotine Replacement Therapy

Nicotine replacement therapy, or NRT, can help you as your body gets used to life without tobacco. Ask your Quit Coach about free nicotine patches, gum or lozenges. Doctor approval is required if pregnant, postpartum, or breastfeeding.

Tools and Resources

Quitting tobacco can change your life and the life of your baby. Learn how with free tools and resources. You can even sign up to get regular emails or text messages to help keep you on track.



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