



QUIT WHEN YOU WANT, HOW YOU WANT.

**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.

Coaches

Young adults who want to quit tobacco face unique pressures. Coaches in this program work like personal trainers with tobacco users aged 18-24 to hit their goals.

Coaching Sessions

Meet with your coach by phone, text, or live chat. Over five free, confidential sessions, your coach will help you through the ups and downs of quitting any form of tobacco – including cigarettes, vapes or chew.

Nicotine Replacement Therapy

Nicotine replacement therapy, or NRT, can help you as your body gets used to life without tobacco. Ask your ASHLine Quit Coach about free nicotine patches, gum or lozenges.

Tools and Resources

Quitting tobacco can change your life. Learn how with online 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)**