








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

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

Quitting tobacco can improve
depression, anxiety and stress.

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)**