



**Are you ready  
to quit smoking?  
Do it for him.**

## Free Resources to help you quit smoking

### Call

**1-800-QUIT-NOW**

Talk directly to trained counselors

### Text

**“Siteman” to 47848**

*(Message and data rates may apply)*

Go ahead and give it a try now  
or ask your healthcare provider  
to sign you up

### Smartphone Apps

**[smokefree.gov/tools-tips/apps](http://smokefree.gov/tools-tips/apps)**

*(Message and data rates may apply)*

Get 24/7 support



**QuitGuide** and **QuitStart**

**Download FREE**

*from Apple App Store or Google Play*

**Ask your healthcare provider to refer you to these free programs.**





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