

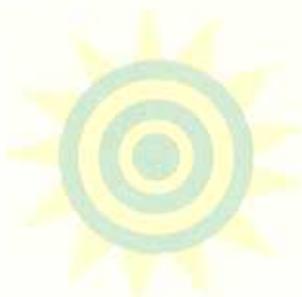
ARE YOU...

- **thinking about quitting?**
- **getting ready to quit?**
- **already quit and trying to stay that way?**



No matter where you are on the way to becoming smoke-free, your friends at **1-800-TRY-TO-STOP** can help.

And it's all FREE!



NOW IS THE TIME!

CALL:

Monday through Thursday, 9 A.M. – 7 P.M.

Friday, 9 A.M. – 5 P.M.

We speak English and Spanish and have translators for other languages.

- **English and Translation**
1-800-TRY-TO-STOP (1-800-879-8678)
- **Spanish**
1-800-8-DEJALO (1-800-833-5256)
- **Deaf/Hard of Hearing**
1-800-TDD-1477 (1-800-833-1477)
- **Recorded Quit Tips in English & Spanish**
800-9-GET-A-TIP (1-800-943-8284)
- **Website**
WWW.TRYTOSTOP.ORG

Funded by the Massachusetts Department of Public Health, the Try-To-STOP TOBACCO Resource Center offers telephone counseling, information and referral services for Massachusetts residents who want to stop smoking.

The QuitWorks Program was developed with the help of many health care providers and insurance plans around the state and is a service of the Try-To-STOP TOBACCO Resource Center of Massachusetts.

Try-To-STOP TOBACCO Resource Center of Massachusetts (JSI Research and Training Institute, Inc.) funded by the Massachusetts Department of Public Health.

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WHEN IT'S TIME TO QUIT SMOKING

Our Free Services
Can Help YOU

- On The Phone
- On The Web
- At Your Doctor's Office

1-800-TRY-TO-STOP
www.trytostop.org

When it's time to quit



GIVE US A CALL

Dial toll-free **1-800-TRY-TO-STOP**, and a trained quit expert will talk with you about your smoking and tell you about our free and confidential services:

- Free stop-smoking counseling by telephone at times you choose
- Free information sent by mail
- Toll-free Quit Tips line to call 24 hours a day
- Referral to stop-smoking programs in your community

Once you quit, you'll look better, feel healthier and live longer.



You will have more time to enjoy your smoke-free life.

When you're on the Internet



FIND US ONLINE

Go to www.trytostop.org for information and support. Join our online community where, every day, people just like you are helping each other quit.

- Use our free Quit Wizard program to create your action plan.
- Ask a question about quitting and get a personal answer.
- Read former smokers' success stories.
- Sign up for weekly email messages to help you stay on track.

You can rely on www.trytostop.org whenever you need it.



Your chance for success gets better each time you try.

When you see your doctor



ASK ABOUT QUITWORKS

The next time you see your doctor, ask about new stop-smoking medicines to help you quit. You'll be able to sign up for the free **QuitWorks** program, too.

- QuitWorks will call you at a convenient time to offer free counseling and other services.
- We'll keep your doctor in the loop on which services you decided to use.
- We'll call back to see how you're doing.
- With the support of your doctor and QuitWorks, you could be a nonsmoker soon!



Quitting can be hard, but we can help make it easier!