

Kansas Tobacco Quitline

KSquit.org or 1-800-QUIT-NOW (784-8669)

The Kansas Tobacco Quitline (www.KSquit.org or **1-800-QUIT-NOW**) provides **FREE** one-on-one coaching for Kansans ready to quit using any form of tobacco. It is designed to help the tobacco user take control of their attempt to quit. The Quitline is available 24 hours a day, 7 days a week, online and by phone. Trained Coaches provide participants support to create an individual plan to quit tobacco and fight cravings.

Quitline Services

- Confidential, personalized support.
- Telephone assistance in English, Spanish or Arabic, and translation for more than 150 other languages.
- **My Quit Journey** – a workbook you can reference in any situation to help stick with your Quit Plan.
- **Coaches** – one-on-one support whenever you need it over the phone from expert Coaches who specialize in helping people quit tobacco.
- **Quitting Aids** – assistance in helping you decide what type, dose and duration of nicotine substitute or other medication is right for you.
- **Specialized support for qualifying groups** – Pregnant women, KanCare (Kansas Medicaid) enrollees, Native Americans, youth aged 13-17 years, and people with certain mental health conditions may qualify for additional support, including additional coaching sessions and free nicotine replacement therapy (limited quantities).
- **Online services, including:**
 - **E-Coaches** – access to highly trained coaches by live chat and email. You can use E-Coach alone or in addition to phone support.
 - **Membership** to a private community where you can watch videos, complete activities and have discussions with other people in the program.
 - **Develop My Quit Plan**, a personalized plan to support your needs as you fight your addiction.
 - **And more**, including a calculator to track the cost of tobacco on both your wallet and your health.

Free materials to promote the Kansas Tobacco Quitline are available in limited quantities at tinyurl.com/KDHE-tobacco-cessation.



The Kansas Tobacco Quitline is provided through a partnership between the Kansas Department of Health and Environment and National Jewish Health.

Revised January 2020