

Fax Referral Benefits for Patients

Washington State Department of Health
Tobacco Quit Line
1-800-QUIT-NOW
1-800-784-8669
QUITLINE.COM



- **The Quit Line Will Call *You* to Begin Your Program**

Through the Fax Referral Program, the Washington State Tobacco Quit Line will contact you to help you start planning for your quit. If you prefer, you can call the Quit Line on your own at 1-800-QUIT-NOW or 1-877-2NO-FUME (Spanish).

- **Free & Confidential Support**

A professionally trained Quit Coach can support you in setting a quit date, creating a quit plan, learning coping skills, dealing with stress, and choosing a medication to help you with your quit. If appropriate, medication is available for free.

- **Free Medication (If Appropriate)**

If appropriate, the Quit Line will provide you with free stop smoking medication to help you overcome withdrawal from nicotine. Support is also provided to help you choose medications and learn how to use them.

- **Materials to Help You Break Old Habits**

The Quit Line will send you a quit guide of materials that are specific to your quitting goals. The materials will support you in thinking about quitting, preparing for your quit date, and staying quit. Materials are available for specific medical conditions. Quitting materials are also available in Spanish.