

Louisiana Tobacco Quitline (1-800-QUIT-NOW)



QuitWithUsLa.Org 1.800.QUIT.NOW



The Louisiana Tobacco Quitline 1-800-QUIT-NOW is a free, confidential, 24-hour toll-free tobacco cessation helpline that links people who want to quit using tobacco with trained, dedicated Quit Coaches® who help the callers create an individualized plan to quit. The individualized quit plan includes telephone coaching sessions, Web coach assistance and self help materials.

How The Louisiana Tobacco Quitline Works

Callers who are ready to quit within the next 30 days are eligible for telephone coaching sessions. If you are not ready to quit, the Quit Coaches® will help you figure out what you can do to prepare yourself to successfully quit. This free coaching service is available in English, Spanish and 150 other languages to people calling from anywhere in Louisiana. TTY and TDD accommodations for hearing impaired and deaf individuals are also available at 1-877-777-6534. The Louisiana Tobacco Quitline is administered by Alere Wellbeing and is funded by the Louisiana Department of Health and Hospitals Tobacco Control Program and the Louisiana Campaign for Tobacco-Free Living.

Eligibility for Louisiana Tobacco Quitline Services

- Anyone Louisiana resident who is 13 years or older and smokes or uses spit tobacco
- Friends and family of tobacco users in Louisiana who want to help their loved ones quit tobacco use
- Health care providers who want materials to share with their patients with tobacco use and dependence.

Services Available through the Louisiana Tobacco Quitline

- Operates 24 hours a day, 7 days a week. Proactive coaching sessions with Quit Coaches® can be scheduled 7 days a week, anytime between 7 a.m. to 2 a.m. CST.
- One-on-one proactive telephone counseling with a Quit Coach who calls you during your scheduled time frame to coach you through the quitting process and help you handle any potential relapse.
- Unlimited access to Web Coach®, an interactive online community that offers e-learning tools, social support and information about quitting.
- Referrals to local quit smoking services in your community.
- Free self help guides and tools, information on programs in your area, including special materials for adolescents age 13-17, pregnant women, spit tobacco users, and for those with chronic medical conditions.

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