



Quit for them **on your own terms**

Customize your quit journey
with the right tools

The benefits of quitting include reducing infant mortality and morbidity by helping women quit smoking prenatally and reducing secondhand smoke exposure postnatally.

OhioTobacco Quit Line is here to help you quit tobacco without judgment. Choose the ways to try quitting that work for you – including additional coaching sessions tailored to expecting mothers.

Scan to start



Quitting tools built for you, including enhanced coaching



24/7 Coaching Access

One-on-one coaching via text, call or chat

Includes additional sessions



Nicotine Replacement Therapy

FREE supply of patches, gum or lozenges



ohioquits.org

Videos, trackers, courses and more



Quit Guide

Call to request a printed Quit Guide

Get started today.

Call 1-800-QUITNOW

Text READY to 34191

Visit ohioquits.org