

# Improve your success in quitting tobacco with 802Quits

Find help and support, tips, tools and quit medications.

Keep trying until you find what works for you.

## Quit Your Way

### By Phone



**1-800-QUIT-NOW**

**One-on-one coaching**

(for age 13 and older)

**FREE**

Coaches 24/7  
Email and text support

Free Quit Medications  
Annually

16 weeks of patches or gum or lozenges

OR

8 weeks of patches AND gum or lozenges

*Ordered by your Quit Coach*

### In Person



**VT Quit Partners**

**Small group peer support**

(for age 18 and older)

**FREE**

Available throughout the state.  
Weekly meetings of 4-6 weeks

Free Quit Medications  
Annually

16 weeks of patches or gum or lozenges

OR

8 weeks of patches AND gum or lozenges

*Ordered by your VT Quit Partner*

### Online



**802Quits.org**

**You navigate your quitting**

(for age 13 and older)

**FREE**

Quit on your own, with help from online tools and resources like chat rooms

Free Quit Medications  
Annually

4 weeks of patches or gum or lozenges

OR

2 weeks of patches AND gum or lozenges

*You order online*

Find the path that's right for you.

Free quit tools help you stay strong.

Request stress balls, worry stones, distraction putty and more at [802quits.org/fun-quit-tools](http://802quits.org/fun-quit-tools).



**YOU CAN QUIT.  
WE CAN HELP.**

VERMONT DEPARTMENT OF HEALTH  
1-800-QUIT-NOW | [802quits.org](http://802quits.org)