



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

802Quits helps Vermonters like you take the first steps at living tobacco-free. Get free patches, gum and lozenges.

3 WAYS TO HELP YOU QUIT

802Quits provides you with advice, tips, tools and text support to help you quit tobacco, including e-cigarettes, YOUR WAY.

QUIT HELP BY PHONE

Call 1-800-QUIT-NOW to connect with a Quit Coach.

IN-PERSON QUIT HELP

Find a workshop with your local Vermont Quit Partners.

ONLINE QUIT HELP

Connect with former smokers and others taking steps to live tobacco-free.

SUCCESS IN THE 802

"I started smoking because my grandfather and uncle did. I looked up to them. Last year, my daughter looked at me and said, 'When I get big, I want to smoke like you.' She's only 3 years old. At first I laughed, but then I felt horrible. That's why I quit."

Jeremy

Randolph, VT

FREE GUM AND PATCHES

Get free patches, gum and lozenges to help you quit smoking. You can double your chances of quitting successfully when you combine them with help by phone, in-person, or online.

A QUICK TIP

To distract yourself during a craving, try to wrap a rubber band tightly around a ping pong ball. It's harder than you think!

**For more information, stories,
and tips, go to 802quits.org.**



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