

DOES PHONE COUNSELING REALLY WORK?

The Kansas Tobacco Quitline has a high success rate. Four months after completing counseling with the Quitline, 41% of former tobacco users are still not using tobacco.

Keep in mind that most tobacco users “practice” quitting a few times before they are successful. So if you slip up, try again. Getting help quitting with the Kansas Tobacco Quitline, quit smoking group counseling, nicotine patches or gum, and/or quit smoking medications greatly increase your chances of success. Take the first step to being tobacco free by calling the Quitline today.



KANSAS TOBACCO QUITLINE SERVICES ARE AVAILABLE IN ENGLISH AND SPANISH, AND TRANSLATION IS AVAILABLE FOR ALL OTHER LANGUAGES.

TEXT TELEPHONE (TTY) SERVICES ARE AVAILABLE FOR THE HEARING IMPAIRED: 1-800-735-2989.

FOR MORE INFORMATION ABOUT QUITLINE SERVICES AND RESOURCES PLEASE VISIT: WWW.KDHEKS.GOV/TOBACCO/CESSATION.HTML.



YOU HAVE YOUR REASONS TO QUIT USING TOBACCO.

WE'LL HELP YOU

CREATE A PLAN TO QUIT.



KanQuit!
1-800-QUIT-NOW (784-8669)
KANSAS TOBACCO USE PREVENTION PROGRAM



KANSAS TOBACCO QUITLINE

1-800-QUIT-NOW (784-8669)
7 days a week, 24 hours a day

The Kansas Tobacco Quitline provides free, private, one-on-one phone counseling to any Kansan ready to quit tobacco use. Smokers, spit-tobacco users, family and friends of tobacco users, and health professionals can call the Quitline for help and information.

Quitting tobacco use is one of the best things you can do for your health.



WHAT TO EXPECT WHEN YOU CALL

NO PRESSURE, NO HASSLES, NO JUDGMENT – JUST SUPPORT AND ENCOURAGEMENT.

When you first call the Quitline, a referral specialist will get some basic information on you and your health. At the end of this first call you will set up a time to talk to a counselor and you will be mailed materials to help you quit. The counselor will call you at the scheduled time and start working with you to create your plan to quit.

Most callers start with four counseling sessions. You will schedule regular phone calls with your Quitline counselor. During your first session you'll talk about your reasons for quitting and set a date to quit. During the next sessions you'll work with your counselor to find ways to avoid triggers, fight cravings and stay tobacco free.

ADVICE AND SUPPORT YOU'LL RECEIVE

- Setting a quit date to help your chance of success
- Learning ways to cope with cravings and withdrawal
- Changing your habits related to smoking or chewing
- Hearing tips to avoid weight gain and other side effects
- Finding other local support
- Getting support whenever you are tempted to smoke or chew



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