

FREE RESOURCES

KICK THE HABIT



TAKE CONTROL OVER NICOTINE,
FOR GOOD!

WHAT IS RIGHT FOR YOU?

QUITTING IS A PROCESS & SUPPORT HELPS! DECIDING TO QUIT NICOTINE WILL POSITIVELY IMPACT YOUR FUTURE.

724-662-1550 ext 147

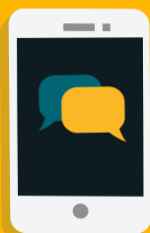
LOCAL

Individual and group cessation opportunities for Mercer & Lawrence County, Contact: katie.gassner@mcbhc.org

1-800-QUIT-NOW

PA FREE QUITLINE

Over the phone counseling with opportunities for free Nicotine Replacement Therapies mailed to your home. Prefer chatting online? pa.quitlogix.org



FREE APPS
Quittercircle
quitSTART

Search "quitting smoking" for more app options



FREE ONLINE SUPPORTS
Quitterscircle.com
Pa.quitlogix.org
Quitnet.com
Smokefree.gov
Women.smokefree.gov
Teen.smokefree.gov
Mylastdip.com
TheTruth.com



INVOLVE YOUR MEDICAL PROFESSIONAL
Increase your chances of successfully quitting by 30%.
Prescription and OTC medications available



#finishIT
#truinpa

 **smokefreeTXT**

Text CRAVE to 47848 if you need help to beat a cigarette craving.



@Quitterscircle
@SmokefreeUS