



THE INDIANA TOBACCO QUITLINE

The Indiana Tobacco Quitline 1-800-QUIT-NOW (800-784-8669) is a free phone-based counseling service that helps Indiana tobacco users quit. Funded by Tobacco Prevention and Cessation, the Indiana Tobacco Quitline offers experienced Quit Coaches® trained in cognitive behavioral therapy. Quit Coaches are available twenty-four hours a day, seven days a week. Translation services are available in Spanish, Burmese, and more than 170 other languages. Services are also available for the hearing-impaired. Individuals that utilize the Indiana Quitline are about 55 percent more likely to successfully quit smoking when compared to those than people that choose to quit on their own.

QUITLINE PARTICIPANTS RECEIVE

- Four individual calls with a Quit Coach
- Unlimited call-in privileges
- Ten individual calls for pregnant women
- 24-hour access to interactive website
- Two weeks free nicotine replacement therapy for those who qualify while supplies last
- Access to online tools, videos, and educational materials on www.QuitNowIndiana.com.

In addition, the quitline provides services for family and friends who want to help loved ones quit tobacco.

ADDITIONAL SERVICES

Quit Now Indiana offers two new services: Web Coach® and Text2Quit®. These user-friendly features are designed to give you the support needed throughout the quitting process. Web Coach® and Text2Quit® will empower you to take control of your tobacco addiction and successfully quit for life.

You will learn how to:

- Quit at your own pace
- Overcome your cravings to smoke
- Select the proper quit medications
- Control your smoke-free environment

PHONE 1-800-QUIT NOW
WEBSITE QuitNowIndiana.com

THE INDIANA TOBACCO QUITLINE PROVIDES A TAILORED INTERVENTION FOR WOMEN WHO ARE PREGNANT AND SMOKE.

The program includes up to 10 calls with relapse prevention sensitivity. The first 5-6 calls are completed within 60 to 90 days of enrollment, and one call is made 30 days prior to the woman's planned due date. In addition, two postpartum contacts are made (15 days and 45 days postpartum, emphasizing the importance of remaining quit beyond delivery).

The program takes a woman-centered approach, balancing the benefits of quitting for both the fetus and the woman, in addition to encouraging smoking partners to quit as well.

THE INDIANA TOBACCO QUITLINE WILL HELP YOUTH BECOME TOBACCO-FREE FOR LIFE.

The Indiana Tobacco Quitline serves youth tobacco users. This evidence-based phone counseling program is for teens, ages 13 to 17, who are ready to quit.

Indiana youth will receive a series of five proactive calls from an experienced youth quit coach providing personalized counseling utilizing cognitive-behavioral strategies and motivational support specifically tailored to youths.

Calls are made semi-weekly to weekly, and are scheduled around the youth's quit date to provide support and to prevent relapse.

The program is designed to help teens stop using tobacco permanently. These participants will also receive age-appropriate educational materials.

THE INDIANA TOBACCO QUITLINE WILL HELP BEHAVIORAL HEALTH CONSUMERS

Quit coaches are trained to address the specific needs of behavioral health consumers who are ready to quit tobacco. Anyone that qualifies for the behavioral health program will receive 7 scheduled calls with quit coaches, free 12-week regimen of nicotine replacement therapy and a letter sent to their primary care provider to inform them of the quit attempt.