

# North Carolina Tobacco Use Quitline

## 1-800-QUIT-NOW

- Trained Tobacco Cessation Coaches - English and Spanish
- Coaches can call back upon request
- Toll-free number 1-800-QUIT-NOW (784-8669)
- 8 AM – Midnight / 7 days a week
- For all North Carolinians – Youth & Adult
- TTY 1-877-777-6534
- [www.quitlinenc.com](http://www.quitlinenc.com) for more information



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