



# Start your quit journey

Call the Illinois Tobacco  
Quitline today

— ILLINOIS —  
**TOBACCO  
QUITLINE**

YOUR QUIT, YOUR CALL

1-866-Quit-Yes | [quityes.org](http://quityes.org)

- Personalized quit plan
- Motivational text messages
- Free nicotine patches, gum, or lozenges (*if eligible*)
- Individual counseling



# Custom help to quit

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# Help for quit success

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**Sign up now**  
**1-866-Quit-Yes**  
**quityes.org**

Call Monday-Friday 7AM-9PM or  
Saturday-Sunday 9AM-5PM

**Enroll online anytime**

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