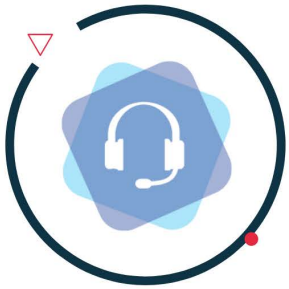


WISCONSIN TOBACCO QuitLine 800-QUIT-NOW

How the Quit Line works:



1. Call or visit us online



2. Talk, text or live chat with a coach!



3. WiQuitLine.org has even more tools



4. We'll send you free medications

The Quit Line's FREE Services

* Available 24/7 to Wisconsin residents who want to quit smoking, vaping or other tobacco use.
* Call, text or live chat with an experienced coach. They'll listen. They won't judge. They'll help you build a plan that's right for you.
* Visit WiQuitLine.org. Build quitting skills. Track your progress.
* Receive two weeks of free medicine. Choose from nicotine patch, nicotine gum or nicotine lozenge.
* Concerned about someone who is smoking, vaping, or using other tobacco? We can help.

Three Ways to Reach the Quit Line



Call 800-QUIT-NOW



Text READY to 21586



WiQuitLine.org

The Quit Line is managed by the University of Wisconsin Center for Tobacco Research and Intervention (UW-CTRI) and funded by the Wisconsin Department of Health Services.

February 2026