

**You know you want to quit smoking.  
When you're ready,  
we can help.**

**1-800-Try-To-STOP (1-800-879-8678)**

**Spanish: 1-800-8-DÉJALO (1-800-833-5256)**

**TTY: 1-800-833-1477**

**[www.trytostop.org](http://www.trytostop.org)**

## **We know quitting smoking can be hard.**

Whether you've tried quitting before, or this is your first time, there are things you can do to make quitting easier and get the results you want.

**Make smoking history.**

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