

Who cares if you quit smoking?

NEW JERSEY
QUITLINESM
I-866-NJ-STOPS

NEW JERSEY
QUITNETSM
nj.quitnet.com



James E. McGreevey
Governor



Clifton R. Lacy, M.D.
Commissioner



Smoking affects not only you but the ones you love. When you're ready to quit smoking and take control of your life, New Jersey's Quitnet, Quitline, and Quitcenters can help. All three programs offer customized solutions to help you quit. NJ Quitline and NJ Quitnet are FREE; NJ Quitcenters offer inexpensive face-to-face counseling. Call, click or visit today!

NJ Quitline (1-866-NJ-STOPS)

- Speak with a counselor who can provide information, advice and support in 26 languages.
- Design a personalized program to quit.
- Call Monday – Friday from 8 AM until 8 PM (except holidays), and Saturday from 11 AM until 5 PM.

NJ Quitnet (www.nj.quitnet.com)

- Log on anytime from any computer.
- Set a quit date and keep track of your progress with a personalized quitting calendar.
- Get community support from other people who are quitting, too. Or get advice from those who have already quit.
- Access important information about smoking-related issues.

NJ Quitcenters

- Receive professional, face-to-face counseling in individual or group sessions.
- Obtain up-to-date consultation on prescription and over-the-counter medication.
- Locate the center nearest you by contacting NJ Quitline or NJ Quitnet.

New Jersey, let's kick some butt!

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For locations,
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