



## And triple your chances of quitting for good.

It's a fact. The LGBTQ community is 50 percent more likely to smoke.<sup>1</sup> Whether it's due to the stress<sup>1</sup> or the discrimination you may face, the numbers are a reality. It may also be why you are five times less likely to call a smoking quitline.<sup>1</sup> But the good news is that we're here with all the resources and encouragement you need to quit. You may even qualify for free patches, gum, and medication. We'll be with you every step of the way.

## Call 1-866-409-1858 to enroll.

From there, you'll pick which option is right for you:



Our compassionate support specialists will assess your needs and explore your options, right over the phone.



Is online too informal? Is a phone call too uncomfortable? If so, call our Quitline number and arrange for an in-person talk with a trained local counselor.



Our Quit Coaches<sup>®</sup> will help you conquer your smoking urges at your own pace – with online support, tracking tools to help you quit, and much more.

DELAWARE  
QUITLINE



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
Tobacco Prevention and Control Program

[QuitSupport.com](http://QuitSupport.com)

<sup>1</sup>2018, CDC, LGBT Persons and Tobacco Use