



# I can help you triple your chances of quitting for good.

Get one-on-one help with a trained counselor. If you're a Delaware resident who's 18 or older – and even if you're a college student or a member of the military living in Delaware – you can use this service for free! You may also be eligible for free nicotine patches, gum, and other medications to help you quit.

**Call me. I'm part of the Delaware Quitline.**

We offer invaluable support, resources, and encouragement.

We have one goal: to ensure you quit smoking. We will be with you every step of the way.

## Talk with me today for in-person counseling!

QuitSupport.com

DELAWARE  
**QUITLINE**

**1-866-409-1858**



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