



CONNECTICUT
QUITLINE

**Quitting is easier with help
and support. Help is just
a phone call away.**

1-800-QUIT-NOW
(1-800-784-8669)



Connecticut Department
of Public Health

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CONNECTICUT
QUITLINE

- Free Telephone Counseling
- Open 8am - Midnight
- Confidential Services
- Referrals to local programs
- Free Quit Guides
- Spanish-speaking Quit Coaches
- TTY available

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