



THE
AMERICAN INDIAN
QUITLINE
CALL 1-888-7AI-QUIT

**Get free help to quit
commercial tobacco.**

Get 7 free phone calls with a dedicated American Indian Quit Coach or a Non-American Indian Quit Coach.

All our Quit Line Coaches have been trained in providing culturally tailored and specific interventions. They have a deep understanding of the unique social context of American Indian culture and commercial tobacco cessation.



Get 12 weeks of free tobacco cessation medicine.

Options include:

- Nicotine patches, or gum, or lozenges, or
- Patches plus lozenges, or
- Patches plus gum

To get started, do one of these:

