Two Ways to Sign-Up for the Maine Tobacco HelpLine

The Maine Tobacco HelpLine offers friendly, confidential, and non-judgmental support to people thinking about quitting, who are ready to quit, or who may just have questions.
It takes just 5-10 minutes to enroll for HelpLine services.

Call by Phone

Call and speak with a Quit Coach to register for services and develop a quit plan.

1-800-207-1230

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MAINE TOBACCO HELPLINE

THEQUITLINK

Enroll Online

Go online to register for services, start your quit plan, find resources and connect to a Quit Coach.

theQuitLink.com

Stay Connected