

Ohio Tobacco Quit Line Hasn't Quit on You

When the Ohio Tobacco Prevention Foundation recently ceased operations, many Ohioans incorrectly thought the Ohio Tobacco Quit Line – 1-800-QUIT-NOW – had ceased operations with it. Rest assured, the quit line has not quit on you.

The Ohio Tobacco Quit Line is now housed at the Ohio Department of Health and continues to provide invaluable assistance to smokers who want to kick the tobacco habit. Tobacco counselors are available to help you from 9 a.m. to 11 p.m. Monday-Friday and from 10 a.m. to 6:30 p.m. Saturday and Sunday. Soon-to-be-former smokers can also leave a message 24 hours a day and request a call-back time that is convenient for them.

Service is available in 150 languages and TTY service is available for the deaf and hard of hearing at 1-888-229-2182.

Smokers who want to quit are much more successful when they take advantage of services such as the Ohio Tobacco Quit Line. Indeed, only 5 percent of those who try to quit smoking cold turkey are successful, compared to 22 percent who use the quit line.

You have nothing to lose – except for a nasty habit that is the leading cause of preventable death – and everything to gain. Call the Ohio Tobacco Quit Line today at 1-800-QUIT-NOW (784-8669) or 1-888-229-2182 for TTY service. You and your loved ones will be glad you did.