

WHAT IS THE MICHIGAN TOBACCO QUITLINE?

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

<https://michigan.quitlogix.org/>

The Michigan Tobacco Quitline is a free service funded by the Michigan Department of Health and Human Services and run by National Jewish Health. National Jewish Health is the top respiratory hospital in the United States. They started tobacco Quitline in 2002 and help callers from many states. Their coaches are trained to work with you and help you with your quit tobacco goals.

During the first call, you will hear about how the program works and will be asked if you want to enroll in either a phone, online or text program. You will be asked some questions about you, your health and the kinds of tobacco you have used. Your answers are used to help make a quit plan that is best for you. Once you enroll, a quit guide and other welcome materials will be mailed to you.

During the first coaching session, your coach will talk to you about what you feel you need to help you quit. They will help you find new ways to cope with cravings. You will get a total of four calls to help you quit. All coaching appointments are made with your schedule in mind. You may also call us if you have a question or need extra help.

There are special services for people who are:

- Pregnant
- Non-English speaking
- Deaf or hard of hearing
- American Indian

Click this link to visit our [website](#) and learn more about the program. You can see comments from other people who have called the Michigan Tobacco Quitline. There are also videos about the coaching program.

To enroll by phone call 1-800-QUIT-NOW (784-8669) or 1-855-DEJELO-YA (335-35692). If you are under 18 call or text "Start My Quit" to 1-855-891-9989 to enroll in our new youth My Life My Quit program.