

WHAT IS THE MICHIGAN TOBACCO QUITLINE?

1-800-QUIT-NOW (784-8669) or 1-855-DEJELO-YA (335-35692)

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

The Michigan Tobacco Quitline is a free service funded by the Michigan Department of Health and Human Services. The Michigan Tobacco Quitline has been helping people quit since 2003. Since the start of the Quitline services have increased. In addition to telephone coaching, texting, email and online coaching have been added. All our coaches are trained to work with you and help you with your personal 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. Enrollment can also be done online by visiting the link above. When you enroll, you will be asked some questions about 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. You can choose not to answer some of the questions. This will not affect your enrollment. 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 in between your appointments 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
- Under 18

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.