



# Georgia Tobacco Quit Line

## 1-877-270-STOP (7867)

### The Georgia Tobacco Quit Line

The Georgia Tobacco Quit Line (GTQL) provides **FREE**, confidential cessation services that assist Georgia tobacco users **13 years and older** in making a quit attempt. Telephone and web-based counseling services are provided in accordance with the United States Public Health Service Treating Tobacco Use and Dependence Clinical Practice Guidelines.

### Benefits of Calling the GTQL:

- Highly effective. Quit coaches can help improve the chances of quitting by 50%.
- Receive quit tips, techniques, support and quit kit.
- Eliminates barriers of traditional cessation classes such as waiting for a class to start.
- Provides easy access for people who live in rural or remote areas.
- Empowers callers who may feel uncomfortable with seeking help in a group setting.

### Referring to the GTQL:

- **Ask** all patients about tobacco use during each visit.
- **Advise** them about the benefits of tobacco cessation.
- **Refer** them to the Georgia Tobacco Quit Line for a free “Quit Kit”, individualized plan and behavioral counseling.

### Services Provided by GTQL

1. 5-call program available to Georgia residents 13 years and older
  - One registration call
  - Four proactive counseling calls with a professional Quit Coach: *1 day after the set quit date, 1 week after the set quit date, follow up calls 2-3 weeks thereafter.*
2. 10-call specialty program available to pregnant and postpartum women.
3. Cessation services that address the use of all tobacco products such as; smokeless tobacco, e-cigarettes and hookah.
4. Qualified interpreters who work with specialists to accommodate callers who speak different languages.
5. Referrals to community resources.
6. **FREE**, 4-week supply of Nicotine Replacement Therapy (NRT) for Georgia residents ages 18 years and older.

*Free training on the Georgia cAARds  
Ask, Advise, Refer Program*

*Engaging Tobacco Users:  
Tips for Health Care Providers in Georgia*

[www.GAtobaccointervention.org](http://www.GAtobaccointervention.org)

**Georgia Tobacco Quit Line: 1-877-270-STOP (7867)**

**Spanish: 1-877-2NO-FUME (266-3863)**

**Hearing Impaired: 1-877-777-6534**

Open 24/7

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