

ALLEGHENY QUITS FOR LIFE

Smoking Cessation Awareness Week November 13th - 19th

A week to raise awareness about cessation resources available to Allegheny County residents. Interested in becoming a partner organization? Contact Brittany Huffman at Tobacco Free Allegheny or Hannah Hardy at Allegheny County Health Department.

How can you help people quit?

Make a phone call!

Call the PA Free Quitline at **1-800-QUIT-NOW** (1-800-784-8669). You get five FREE counseling phone calls and the possibility of FREE medication (the patch, the gum, or the lozenge).



Talk to someone!

Talk your doctor or healthcare professional about how they can help you quit.

Use the Web!

There's lots of websites out there to help people quit smoking, including:

PA Quit Logix (pa.quitlogix.org/)



Tell your story!

Everyone can use a little inspiration sometimes. Who did you quit for?

Use **#AlleghenyQuitsforLife** to share your story with us on Facebook, Instagram, Twitter or Youtube.