

# NEW JERSEY QUITLINE<sup>SM</sup> I-866-NJ-STOPS 866-657-8677

## FREQUENTLY ASKED QUESTIONS ABOUT THE NJ QUITLINE

### 1. WHAT IS THE NJ QUITLINE?

The NJ Quitline is a FREE, confidential telephone counseling service available to any NJ resident who wants to quit using tobacco products. There is no age requirement to receive cessation counseling through the NJ Quitline.

### 2. HOW DO SMOKERS REACH THE QUITLINE?

- ✓ Smokers can call the NJ Quitline directly toll-free at **866-657-8677**
- ✓ Smokers can visit **[www.njquitline.org](http://www.njquitline.org)** and register for the NJ Quitline
- ✓ **Clinicians and health professionals can refer** their patients/clients by registering with the NJ Quitline's fax-to-quit referral program, and then receive individual status updates as well as monthly outcome data about their referrals.
- ✓ **Live quit coach hours M-F 8am-9pm, Sat 8am -7pm, Sun 8:30am-5pm**

### 3. Who staffs the NJ Quitline?

Multilingual Quit Coaches who have received 240 hours of Quitline training and have prior counseling experience.

### 4. What about NRT (nicotine replacement therapy)

Once registered with the NJ Quitline, callers over 18 will be eligible for screening to receive 2 weeks of **FREE nicotine replacement patches**.

### 5. Does telephone counseling work?

**YES!** Most ex-smokers report that it takes several tries to quit for good. Research shows that Quitline users have about a 60% better chance of staying smoke-free than those who try to quit on their own.