

## Arizona Smokers' Helpline

Quit yet?

Call smokers' helpline...

The smokers' helpline is a free service for Arizona smokers and smokeless tobacco users.

The Helpline offers:

- Telephone counseling for people who want help quitting tobacco
- Free self-help booklets
- On going support by trained professionals
- English and Spanish services
- Referrals to local services

E-mail: [ashline1@u.arizona.edu](mailto:ashline1@u.arizona.edu)

Call 1-800-55-66g-222

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

Service provided by the Arizona college of Public health, sponsored by the tobacco education and prevention program of the Arizona department of health services and funded by the tobacco tax and health care act