



What is the Colorado QuitLine?

The Colorado QuitLine is a FREE online service available to Colorado residents at www.coquitline.org. When you become a member, you get special tools, a support team of coaches, research-based information, and a community of others trying to become tobacco free.

There is also a FREE telephone coaching service that connects people who want to quit smoking or using other tobacco products to an experienced Quit Coach. The Quit Coach works with the tobacco user to set up a personal quit plan and provide tips and support that will increase the chances of quitting tobacco for the long term. Along with individualized coaching, the telephone service offers a FREE supply of nicotine patches.

Our expert coaches can talk to you about overcoming common barriers, such as dealing with stress, fighting cravings, coping with irritability, and controlling weight gain.

Colorado residents can use either service or a combination of both.

Colorado QuitLine offers:

Multiple phone counselling sessions with topics including:

- tobacco history
- developing a quit plan
- setting a quit date
- relapse prevention
- use of cessation medication
- withdrawal symptoms
- and more

Web based services offer:

- self-help tools
- cessation information
- and automated e-mail messages

How do I enroll in the online QuitLine program?

Complete the brief form found at www.coquitline.org, Enroll Now. If you are a Colorado resident, you will receive an email letting you know that you are enrolled. You can use the online service as often as you want!

How do I enroll in both the online and phone program?

While completing the enrollment form, indicate the best time for a coach to give you a call. If you would like, you can call the QuitLine at 1-800-QUIT-NOW. When you speak with your coach we will begin your coaching program, and see if you are eligible for nicotine patches or gum.

We're here 7 days a week 6 a.m. - 11 p.m.

Call the QuitLine at 1-800-QUIT-NOW or 1-800-784-8669.

If you call when we are closed, please leave a message and we will call you back.