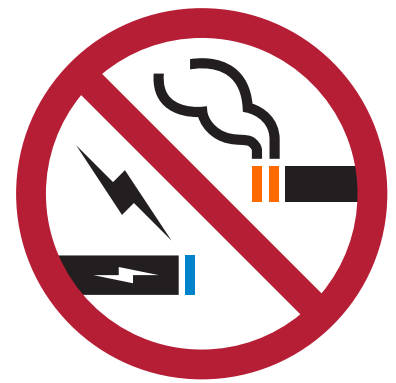


**Ready to quit smoking  
or vaping nicotine?**

**Free help is available  
in Rhode Island.**



**Counseling by phone + NRT can  
double your chances of quitting.**

**Free, safe, and effective services are available to  
reduce nicotine dependence and quit for good.**

- **QuitNowRI.com (1-800-QUIT-NOW)**
  - This helpline is available to all Rhode Islanders interested in quitting tobacco and nicotine products.
  - Get free counseling sessions by phone and online.
  - Certified Tobacco Treatment Specialists will coach you to quit smoking, quit vaping, manage nicotine cravings, and more using winning strategies!
- **Free Nicotine Replacement Therapy (NRT) in two-week supplies or more are designed to safely REDUCE nicotine dependence.**
  - NRT is available to eligible callers as patches, gum, or lozenges (while supplies last).
  - NRT is clinically proven as safe and effective by the FDA for quit support.

*Vaping and e-cigarettes are not approved as safe for treating nicotine addiction, should never be used by persons younger than 26, and are never safe for pregnant women, or other adults who have never smoked or used tobacco.*

**1-800-QUIT-NOW**

Or: Text START to 300500

