

Ready to  
quit smoking  
or vaping?



We're here with  
free help to quit  
your way.

## Free 24/7 Support for Your Quit

Whether you're quitting for the first time  
or have tried before, we can help you  
find your way to quit for good.



Free coaching  
over the phone



Free patches,  
gum and lozenges\*



Free emails &  
text messages

Go to [QuitPartnerMN.com](https://QuitPartnerMN.com) or  
call 1-800-QUIT-NOW (784-8669)

\*18+

# Find the Free Quit Support That's Right For You

Explore our family of free programs to find the one that best meets you where you are.



**Quit Partner™** is here for all Minnesota adults ages 18 and up. Call 1-800-QUIT-NOW (1-800-784-8669) or visit [QuitPartnerMN.com](http://QuitPartnerMN.com).



**My Life, My Quit™** provides free, confidential help, just for teens (13-17). Text "Start" to 36072 or visit [MyLifeMyQuit.com](http://MyLifeMyQuit.com).



**The American Indian Quitline from Quit Partner™** offers a dedicated team of American Indian coaches who understand your culture and respect your traditions. Call 1-833-9AI-QUIT (1-833-924-7848) or visit [aiquit.com](http://aiquit.com).



**The Behavioral Health Program from Quit Partner** offers extra support for those living with a substance use disorder or mental illness, such as anxiety, depression or PTSD. Call 1-800-QUIT-NOW (1-800-784-8669) or visit [QuitPartnerMN.com](http://QuitPartnerMN.com).



**The Pregnancy Program from Quit Partner** offers extra support if you are pregnant or planning to be. Call 1-800-QUIT-NOW (1-800-784-8669) or visit [QuitPartnerMN.com](http://QuitPartnerMN.com).

Quit Partner is available to uninsured Minnesota residents and those whose insurance does not cover coaching or quit medications.