

Mississippi tobaccoQUITLINE 1.800.QUITNOW 1.800.784.8669

Callers to the Mississippi Tobacco Quitline who want to stop using tobacco can receive up to eight weeks of nicotine replacement therapy (NRT), patch or gum, at no charge.

The approach of combining counseling and medication has been shown to be one of the most effective options currently available.

What services are available through the Quitline?

- Telephone coaching
- Texting program
- Web program
- Secure email messaging
- Self-help materials
- Special coaching programs for:
 - ⇒ Pregnant women
 - ⇒ Behavioral Health

How do callers get NRT?

Once medically cleared to participate, NRT will be ordered in two-week increments and sent vial mail order. Participation in coaching calls is required.

Who can call the Tobacco Quitline?

Any Mississippian can call the toll-free number (1-800-784-8669) from anywhere in the state or register for services online at www.quitnow.net/MS.

What are the hours?

The Tobacco Quitline is available 24 hours per day, 7 days per week (closed Independence Day, Thanksgiving Day, 1/2 day Christmas Eve, Christmas Day, 1/2 day New Year's Eve, late open New Year's Day).

The Mississippi Tobacco Quitline is funded by a grant from the Mississippi State Department of Health