



Quit for them on your own terms

Customize your quit journey
with the right tools

Most know the negative impacts of smoking on a pregnancy. But that doesn't change the fact that nicotine dependence is incredibly hard to break. **With the right strategies and support, you can do this.**

The West Virginia Tobacco Quitline is here to help you quit tobacco without judgment. Choose the ways to try quitting that work for you – including additional coaching sessions tailored to expecting mothers.

West Virginia
TOBACCO
QUIT **LINE**
1-800-QUIT-NOW **1-877-966-8784**

Quitting tools built for you, including enhanced coaching



24/7 Coaching Access

One-on-one coaching via text, call or chat

Includes additional sessions



www.quitnow.net/westvirginia

Videos, trackers, courses and more



Quit Guide

Call to request a printed Quit Guide

Get started today.

Call 1-800-QUITNOW

Text READY to 34191

Visit quitnow.net/westvirginia

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