

The New Hampshire Tobacco Helpline

The New Hampshire Tobacco Helpline serves the general public, tobacco control professionals, educators, health care providers, physicians, and others who want to quit tobacco use, help another person quit and reduce tobacco's heavy toll on New Hampshire. It also offers free tobacco education materials (pamphlets, posters, etc.) to physicians and clinicians, and to organizations across the State.

The Helpline can be reached by three interconnected services:

For the public:

The New Hampshire Tobacco Helpline

1-800-QUIT-NOW is the gateway to tobacco cessation services offered to New Hampshire residents. The toll-free helpline offers telephone-based counseling, free print materials and referrals to local tobacco treatment programs. Services are available in English (1-800-784-8669) and Spanish (1-800-8-DEJALO), with translation for other languages. A TTY line is available (1-800-833-1477). A counselor will call you back when you sign up at nh.quitlogix.org.

www.TryToStopNH.org

The NN Tobacco Helpline Web Site. This site provides a form for tobacco users to self-refer for free, confidential counseling (nh.quitlogix.org), information about local tobacco treatment resources, fact sheets and posters and provides a link to online quitting communities and text tips for quitting services. NH residents can access these state-of-the-art, user-friendly tools for tobacco users who want to quit on their own.

For providers:

www.QuitWorksNH.org

A solution for providers to help patients quit tobacco. This site offers health care providers the necessary tools to refer their patients to evidence-based telephonic counseling, and offers a full range of the State's tobacco treatment services. QuitWorks-NH is a best-practice and was developed by the New Hampshire Department of Health and Human Services. Any health care provider can easily and quickly refer a patient who wants to quit, regardless of health insurance status, by using a simple enrollment form. Contact QuitWorks-NH to learn about how systems change can be implemented in your practice via Teresa Brown at the NH Tobacco Prevention & Control Program at 603.271.8949 or tmbrown@dhhs.state.nh.us