

Tobacco Quit Line Offers Eight Weeks of Free Medications

Lincoln County, Wisconsin - The Wisconsin Tobacco Quit Line is offering more free medications for all Wisconsinites who want to rethink their tobacco use. The Quit Line has long sent a free two-week starter kit of nicotine patches, lozenges, or gum for eligible tobacco users. **For a limited**

amount of time, the Quit Line will offer eight weeks of free medication.



People can register for confidential Quit Line services 24/7 in any of three ways: call 800-QUIT-NOW (800-784-8669), text READY to 34191, or visit [WiQuitLine.org](https://www.wiquitline.org).

Expert quit coaches invite people who smoke, vape, or chew tobacco to think about quitting or changing their tobacco use. They develop an individualized plan to support the person to reach their goals on their own timeline.

The Quit Line offers tips for changing tobacco use, such as:

- Consider asking people not to smoke or vape around you because it is a trigger for urges.
- Avoid alcohol as it can trigger your urge to smoke or vape.
- Drink water. It can help get you through urges.
- Schedule fun things to keep your mind off tobacco.
- Keep your hands and mouth busy. Try carrots, straws, pretzel sticks, or gum.
- Take deep breaths.
- Exercise. Schedule walks with a friend.
- Reduce stress—take a warm bath, get more sleep.
- Remind yourself that cravings will soon pass.
- Remind yourself why you are changing your tobacco use.
- Plan a trip with the money you'll save by smoking or vaping less.

Lincoln County Health Department participates in the Northwoods Tobacco-Free Coalition, a local tobacco control and prevention coalition. Learn more [here](#). Lincoln County Health Department is always striving for a safer and healthier Lincoln County.