



What to expect when I am referred to or call the Montana Tobacco Quit Line

When you call the Quit Line:

- You must live in Montana to receive services from the Montana Tobacco Quit Line. Every state has a Quit Line, so call 1-800-QUIT-NOW and they will direct you to your state.
- If you have an out of state number please call 1-866-485-7848 to reach the Montana Tobacco Quit Line.
- The Montana Tobacco Quit Line can help with quitting ALL types of tobacco – cigarettes, cigars, pipes, hookahs, smokeless and e-cigarettes.

When you are referred to the Quit Line:

- The Quit Line will contact you as soon as the referral is entered in the system. It may take up to 24 hours.
- The Quit Line will make 3 attempts to contact you.
- The Quit Line will not leave a voice message unless you give them permission to do so.
- You may receive a call from an unknown number or it may appear as 1-800-784-8669. It's a good idea to answer all incoming calls for the next 24 hours.

When you are on the phone with the Quit Line:

- You will go through a 25 minute intake that asks about your tobacco use, demographics, co-occurring health issues and how you heard about the Quit Line. If any questions make you feel uncomfortable, you can refuse to answer. Even if you refuse, you are still eligible for Quit Line services.
- When the intake is complete you can immediately go into your first coaching session or you can schedule it for a later date.
- Coaching sessions take 10-20 minutes or longer, if needed.
- The coach is there to help you identify triggers and stress points while giving you tips and tricks to help you quit and stay quit.
- You can receive free nicotine replacement therapy (patches, gum, or lozenges) once you complete your first coaching call.
- You can also receive reduced-cost medication, after you complete your first coaching call.
- Medications are mailed directly to your physical address.

MONTANA TOBACCO



AMERICAN INDIAN
Commercial Tobacco Quit Line
1 (855) 372-0037