

# Quitting is Easier *if you* Have Help!

**The NWT Quitline is a free confidential help line for smokers who want to quit**

**NWT**  
**QUITLINE**  
**1-866-286-5099**



## Highlights of the line include:

- Trained cessation counsellors
- Personalized call back programs
- Quit smoking reading materials
- Translation services for all NWT languages
- Service 24/7