

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