

New Hampshire Tobacco Helpline Will Offer Free Nicotine Patches:

November 3rd—December 31st, 2014 the NH Tobacco Helpline will be offering nicotine replacement therapy patches, (the patch), to NH residents, while supplies last.

Telephone counseling and the patch will be offered to all NH uninsured University/College staff or household members, 18 years of age or older, at no cost.

To qualify for the patch:

- Caller must state that they are University/College staff or household member of staff
- Caller must be ready to quit within the next 30 days
- Caller must agree to participate in no-cost telephone counseling from the Helpline
- A counselor will make sure it is safe for a caller to use the patch
- To receive two weeks of the patch via US mail – the caller must participate in the “Info Call” (call #1)
- To receive two additional weeks of the patch via US mail – the caller must participate in the “Quit Day Call” (call #2) and “3-Day Post Quit Day Call” (call #3)

How can the NH Tobacco Helpline be reached?

- Anyone can access the NH Tobacco Helpline by calling **1-800-QUIT-NOW** (1-800-784-8669) or by visiting www.TryToStopNH.org.

- It is never too late to quit and add years to your life and be free from tobacco
 - After 24 hours chance of heart attack decreases.
 - After 2 weeks–3 months lung function increases up to 30% and overall energy increases.
- Someone who smokes a pack-a-day can save \$180 a month and \$2,100 a year just by quitting. (Based on average pack price of \$5.95)