

Tobacco Quitline Resources

The Tobacco QuitLine is a free resource available at http://www.bebetter.net/wvquitline_home.html that provides tips and free tools to quit using tobacco products.

West Virginia TOBACCO QUITLINE
1-877-966-8784

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...helping West Virginians become tobacco free.

AMERICAN LUNG ASSOCIATION TOBACCO PREVENTION

breatheBetter

Be free with our Proven Quit Smoking Program

Live Smoke Free FREE tools! 3 Easy Steps GO!

Home Services Tobacco Facts Provider Info Links Contact Us

Discover how to finally kick the habit by calling the Quitline today at **1-877-966-8784**

Welcome to the WV Quitline Home Page

If you use tobacco and are thinking about quitting, congratulations! You are on your way to making a decision that will immediately improve your health. Did you know that 20 minutes after you quit smoking, your heart rate and blood pressure drops? And that within 3 months, your circulation and lung function improves? If you use tobacco, quitting is the single most beneficial thing you can do for your health.

But, even if you are just thinking about the *possibility* of quitting, you have taken an important step forward. The West Virginia Tobacco Quitline can help. Here you will find news about tobacco and tobacco cessation, links to other helpful sites, information for providers, and - most importantly - information about the services offered by the West Virginia Tobacco Quitline.

So whether you are ready to quit using tobacco, still thinking about it, or just want to learn more about tobacco cessation, you've come to the right place!