



NH Try To STOP TOBACCO

Resource Center

The New Hampshire Try-To-STOP TOBACCO Resource Center serves the general public, tobacco control professionals, educators, health care providers, physicians, and others who want to reduce tobacco's heavy toll on society.

The Resource Center is home to four interconnected services:

The Resource Center offers low-cost tobacco education materials (pamphlets, posters, etc.) to physicians and clinicians, and to organizations across the State. 800-852-3345 ext. 6684

The New Hampshire Smokers' Helpline 1-800-Try-To-STOP is the gateway to tobacco cessation services offered to New Hampshire residents. The toll-free helpline offers telephone-based counseling, free print materials and referrals to local tobacco treatment programs. Services are available in English (1-800-879-8678) and Spanish (1-800-8-DEJALO), with translation for other languages. A TTY line is available (1-800-833-1477). Quit tips are available 24 hours a day (1-800-8GET-A-TIP).

www.trytostoph.org, the Try-To-STOP TOBACCO Web Site. This site provides information about local tobacco treatment resources, fact sheets and provides a link to www.BecomeAnEX.org. NH residents can access this state-of-the-art, user-friendly tool for tobacco users who want to quit on their own.

QuitWorks-NH offers health care providers the necessary tools to refer their patients to evidence-based telephonic counseling, and offers a full range of the State's tobacco treatment services. QuitWorks-NH is a collaborative effort based on the original QuitWorks program developed by the Massachusetts Department of Public Health, Massachusetts Health Plans and is recognized by the Centers for Disease Control and Prevention as a Best Practice. Visit www.QuitWorksNH.org for additional information and resources.

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