

NEWS RELEASE

Panhandle

Public Health District

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For immediate release.

For more information, contact: *Janelle Visser*, email: jvisser@pphd.org, office: 308-487-3600 ext 105.

Panhandle Public Health District: Make 2020 Your Year to Quit Tobacco

(Hemingford, NE) – Keeping self-improvement promises in the new year is easier when you have a plan. Panhandle Public Health District and the Nebraska Tobacco Quitline are ready to help you quit smoking for good in 2020.

Whether you have tried to quit one time or several times, a new year means another chance to give it a shot. To help, the Nebraska Tobacco Quitline is providing qualified callers with a free two-week supply of nicotine replacement therapy.

"We encourage folks to access all the resources they can to set themselves up for success," Janelle Visser, Health Educator, said. "Talk to your healthcare provider about medications to help and call 1-800-QUIT-NOW to talk with quit coach who will assist with a plan that works for you."

Here's what real Nebraskans say about calling the Quitline:

"The Quit Coaches did a great job explaining what steps to take. It was tailored to me personally, I needed that."

"All the Quit Coaches I have talked to, did not judge, and it felt good to just be honest, and open, and feel like they actually listened."

The Nebraska Tobacco Quitline is available 24 hours a day, seven days a week, and offers free tobacco cessation coaching and nicotine patches, gum or lozenges at no cost to the caller.

The Quitline is there for all Nebraskans. Healthcare providers can call to get information about the patient fax referral process, tobacco cessation services or request materials for their practice. Friends and family can call with questions about supporting a loved one during their quit attempt. Tobacco users can call to ask questions, get help creating a quit plan or for extra support when a craving hits.

"It may take a number of tries to quit for good, but it can be done." Visser said. "Every try is important, and you learn something from every quit attempt. It is important that you don't give up."

For help quitting, the Nebraska Tobacco Quitline is available at 1-800-QUIT-NOW (1-800-784-8669), and for Spanish services at 1-855-DÉJELO-YA (1-855-335-3569). Translation services are also available in more than 170 languages. For additional resources visit www.QuitNow.ne.gov.

Funding for this project is provided by the Nebraska Department of Health and Human Services/Tobacco Free Nebraska Program as a result of the Tobacco Master Settlement Agreement.

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.