

Kentucky's Tobacco QUITLINES



Quit Now Kentucky



My Life, My Quit



This is Quitting

Cost	Free!	Free!	Free!
Ages	All ages	Ages 17 and under	Ages 13 to 24
Coaching Method	Live support by phone, online, or both - plus extra support via email, text, or online chat	Live support by phone, by text, or through online chat - plus extra support via email or text	By text through an automated response system
Text	QUITKY to 797979	START MY QUIT to 855-891-9989	KENTUCKY to 88709
Call	1-800-QUIT-NOW	855-891-9989	Not Available
Website	QuitNowKentucky.org	MyLifeMyQuit.com	TruthInitiative.org/ ThisIsQuitting
Hours	7AM to midnight (EST) 7 days a week	Calls: 7AM to midnight (EST) 7 days a week Texting & Chatting: 24/7	24/7
Duration	4 calls	5 calls	Up to 9 weeks
Nicotine Replacement	Available free to some callers	Not Available	Not Available
Provider	National Jewish Health	National Jewish Health	Truth Initiative



KENTUCKY
TOBACCO
PREVENTION
& CESSATION
PROGRAM

If you have questions about these programs or would like to request promotional materials, please contact KTPC Cessation Administrator Heather Shaw at Heather.Shaw@ky.gov or KY.TobaccoFree@ky.gov.