

# A Quick Guide to Kentucky's Free Tobacco Quitlines



## Quit Now Kentucky



## My Life, My Quit

Cost to Caller	Free!	Free!
Ages	All ages	Ages 17 & under
Website	<a href="http://QuitNowKentucky.org">QuitNowKentucky.org</a>	<a href="http://MyLifeMyQuit.com">MyLifeMyQuit.com</a>
Call	1-800-QUIT-NOW	855-891-9989
Text	QUITNOW to 333888	START MY QUIT to 36072
Types of Coaching	Live support by phone call, online chat, or both — plus extra support via email or text	Live support by text message, phone call, or online chat — plus extra support via email or text
Hours	24 hours a day 7 days a week	24 hours a day 7 days a week
Duration	5 calls*	5 calls*
Quit-Smoking Medications	Free for many callers	Not available

\*There may be additional free resources for those who are uninsured, pregnant, under age 25, or on Medicare, as well as those who have a behavioral health condition or live in public housing. Programs and materials are also available in Spanish and for those who are hearing-impaired. Translators are available at no cost for more than 200 additional languages.



KENTUCKY  
TOBACCO  
PREVENTION  
& CESSATION  
PROGRAM

Free and low-cost quitline promotional materials are available. To place an order, or to learn more about proven ways to quit smoking, vaping, or using other tobacco products, please contact the Kentucky Tobacco Prevention & Cessation Program at [KYtobaccofree@ky.gov](mailto:KYtobaccofree@ky.gov).

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