



What is the Oklahoma Tobacco Helpline?

The Helpline is a free and effective service that provides a series of one-on-one cessation counseling sessions over the telephone, information and tips about stopping tobacco use, referrals to community resources, if needed, and nicotine replacement "starter kits" for some. Counselors are trained, Master's level counselors. The Helpline has been proven to work for people all over the country.

How does telephone counseling work?

A Helpline Quit Coach™ works with callers to determine their readiness to quit, discusses their options for using nicotine replacement products or other cessation aids, assists callers in developing a quit plan that is right for them, and schedules up to four follow-up sessions to coach callers through their quitting process and encourages them along the way.

Free Nicotine Patches or Gum Provided as "Starter Kits"

All tobacco users who are ready to stop using tobacco and register for helpline services are eligible to receive a two-week "starter kit" of nicotine replacement patches or gum, unless not indicated due to health concerns. The helpline sends a starter kit to the tobacco user's home.

Patches and gum are free and there's no catch. No one will call the tobacco user to sell them something and there are no hidden charges!

Who is eligible to receive Helpline services?

Anyone living in Oklahoma ages 18 and older may call the Helpline and receive free services. Helpline specialists will assist tobacco users, providers and concerned family members and friends.

What are the Oklahoma Tobacco Helpline hours?

- Sunday - Saturday 7:00am - 2:00am

Who Funds the Helpline?

The Oklahoma Tobacco Settlement Endowment Trust, the Oklahoma State Department of Health and the Centers for Disease Control and Prevention fund the Helpline.