

# Oklahoma Tobacco Helpline

**1 800 QUIT NOW**

## Telephone Number

1-800-QUIT-NOW  
(1-800-784-8669)

## Hours of Operation

Monday-Sunday, 7 am - 11 pm

## Helpline Services

Oklahomans who use any form of tobacco product can receive free one-on-one coaching with a highly trained Quit Coach® and written quit guides to help them stay on track between calls. Participants may also be eligible for free, mail order nicotine patches or gum, or may be referred to their insurance provider for cessation medications.

Free information and written materials are also available to family or friends interested in helping a loved one quit tobacco, or to health care professionals who want to provide the most effective help to their patients.

## Quit Coach Qualifications

Quit Coaches have bachelor's degrees in health education, counseling, or a related field, are ex-smokers with two years of abstinence or non-smokers, and have previous experience counseling for behavior change.

## Helpline Operations

The Oklahoma Tobacco Helpline is funded by the Oklahoma Tobacco Settlement Endowment Trust and the Oklahoma State Department of Health. Helpline services are provided by Free & Clear, Inc. an organization that currently provides Helpline services for fifteen states and numerous health plans and businesses.

## Helpline Evaluation

The Endowment has contracted with the University of Oklahoma, College of Public Health, to evaluate the effectiveness of the Helpline and related media. Telephone surveys are conducted to assess quit rates and caller satisfaction with the services.