



Cessation Resources

Providing support to employees, partners and visitors

What is the Oklahoma Tobacco Helpline?

- The Helpline is a **free and effective service** that provides one-on-one coaching sessions over the telephone, information and advice about stopping tobacco use, referrals to community resources when needed, and nicotine replacement “starter kits” for many. 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 FDA-approved nicotine replacement products, 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 to encourage them along the way. Quit Coaches have a health or counseling background, receive extensive training and many are former smokers.

Are nicotine replacement products provided at no cost?

- All tobacco users over age 18 who are ready to stop using tobacco and register for helpline services are eligible to receive at least a two-week “starter kit” of nicotine replacement patches, gum or lozenges, unless not indicated due to health concerns. The helpline sends a starter kit to the tobacco user’s home.
- Only FDA-approved nicotine replacement products are utilized as part of the Oklahoma Tobacco Helpline’s services.
- Patches, gum or lozenges 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 13 and older may call the Helpline and receive free services. Helpline specialists will assist tobacco users, providers and concerned family members or friends.

What are the Oklahoma Tobacco Helpline hours?

- The Helpline is available 24 hours a day, 7 days a week.

For Spanish-speaking individuals

- 1-855-DEJELO-YA

Improved Service to the Deaf and Hard of Hearing

- 1-877-777-6534 TTY
- 1-866-748-2436 Deaf Videophone

For more information, visit www.okhelpline.com

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