

# MONTANA TOBACCO QUIT LINE 1-866-485-QUIT

## WHAT IS THE QUIT LINE?

- ⇒ A free telephone service for Montanans
- ⇒ Provides cessation counseling services and education materials for cigarette and spit tobacco users.

## WHY IS A QUIT LINE NEEDED?

- ⇒ Seventy percent of smokers report that they want to quit.
- ⇒ Quit rates increase by up to seven times if "quitter" uses a Quit Line.
- ⇒ Telephone counseling combined with nicotine replacement therapy (NRT) improves quit rates.

## WHAT TYPE OF SERVICE DOES THE QUIT LINE PROVIDE?

Depending on the needs of the caller:

### 1. Self-Help Only

- Receive educational material specific to their needs - encouraged to call back

### 2. Questions Only

- Want to remain anonymous so no information sent, but questions are answered - encouraged to call back.

### 3. Brief Motivational Intervention

- Self Help information sent, initial counseling session - encouraged to call back.

### 4. Counseling

- Five proactive counseling sessions
- Determine best pharmacological option for participant. The Quit Line will provide free NRT (gums or patches) for qualifying individuals enrolled in counseling sessions.

### 5. Referral

- Callers with insurance coverage for Tobacco Cessation Programs will be referred to community-based services. Counselors will follow-up with these individuals to assure that the referral was successful.

*Healthcare providers may contact the  
Quit Line at 1-866-485-QUIT for Prescription Pads.*