

Ready to
quit smoking
or vaping?



We're here with
free help to quit
your way.

Free 24/7 Support for Your Quit

Whether you're quitting for the first time
or have tried before, we can help you
find your way to quit for good.



Free coaching
over the phone



Free patches,
gum and lozenges*



Free emails &
text messages

Go to [QuitPartnerMN.com](https://www.QuitPartnerMN.com) or
call 1-800-QUIT-NOW (784-8669)

*18+

Find the Free Quit Support That's Right For You

Explore our family of free programs to find the one that best meets you where you are.



Quit Partner™ is here for all Minnesota adults ages 18 and up. Call 1-800-QUIT-NOW (1-800-784-8669) or visit QuitPartnerMN.com.



My Life, My Quit™ provides free, confidential help, just for teens (13-17). Text "Start" to 36072 or visit MyLifeMyQuit.com.



The American Indian Quitline from Quit Partner™ offers a dedicated team of American Indian coaches who understand your culture and respect your traditions. Call 1-833-9AI-QUIT (1-833-924-7848) or visit aiquit.com.



The Behavioral Health Program from Quit Partner offers extra support for those living with a substance use disorder or mental illness, such as anxiety, depression or PTSD. Call 1-800-QUIT-NOW (1-800-784-8669) or visit QuitPartnerMN.com.



The Pregnancy Program from Quit Partner offers extra support if you are pregnant or planning to be. Call 1-800-QUIT-NOW (1-800-784-8669) or visit QuitPartnerMN.com.

Quit Partner is available to uninsured Minnesota residents and those whose insurance does not cover coaching or quit medications.