

# Two Ways to Sign-Up for the Maine Tobacco HelpLine

Are you thinking about becoming tobacco-free or ready to quit? The Maine Tobacco HelpLine is here to support you!

## Call by Phone

Call and speak with a Quit Coach to register for services and develop a quit plan.

**1-800-207-1230**

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MAINE TOBACCO HELPLINE

**THEQUITLINK**

## Enroll Online

Go online to register for services, start your quit plan, find resources and connect to a Quit Coach.

**theQuitLink.com**

It takes just 5-10 minutes to enroll for HelpLine services.

Stay Connected

