

# Mayo Clinic Tobacco Quitline

Information and support for  
tobacco-free living



## **Telephone counseling programs help people become tobacco-free**

Giving up tobacco is the single best thing you can do to improve and protect your health, now and for the rest of your life. Mayo Clinic Tobacco Quitline is a telephone-based service that can help you become tobacco-free.

Most tobacco users make three or four serious attempts to quit on their own. Research shows that tobacco users are twice as likely to quit tobacco when they have some means of support — such as a counseling program — and telephone-based counseling programs have proved to be convenient and effective.

## **Experienced tobacco counselors provide individualized support**

When you call Mayo Clinic Tobacco Quitline, you will work one-on-one with a friendly, professional counselor. You and your counselor will talk about how ready you are to quit using tobacco. If you're ready, the two of you will develop a quit plan and set a quit date. You will receive a self-paced workbook and other information with helpful quit tips and strategies for staying quit. You and your counselor will schedule follow-up calls, at your convenience, to help you through the quitting process.

If you're not quite ready to quit yet, that's OK! We'll send you some helpful information, and you can call back when you decide the time is right. No pressure, no hassles — just support and encouragement, along with reliable health information from the experts at Mayo Clinic.

Regular visits to your doctor are a vital part of managing your health risks. Mayo Clinic Tobacco Quitline supports and enhances your quit plan. Mayo Clinic Tobacco Quitline counselors are available to answer your questions between your scheduled visits and help you understand your doctor's instructions.

## **Mayo Clinic offers expertise and experience**

Mayo Clinic Tobacco Quitline receives clinical oversight from the Mayo Clinic Nicotine Dependence Center, a recognized leader in the treatment of tobacco use and dependence. Mayo Clinic Tobacco Quitline and the Mayo Clinic Nicotine Dependence Center have treated more than 50,000 tobacco users since 1988 over the phone or on-site. Now you can receive the same type of professional counseling in the privacy and convenience of your home.

## **Mayo Clinic Tobacco Quitline helps participants succeed**

Mayo Clinic Tobacco Quitline counselors help build your self-confidence and enhance your motivation to quit. On average, 50 percent of Mayo Clinic Tobacco Quitline members who complete the program are tobacco-free six months after enrollment (compared with about 5 percent of people who are able to quit on their own).



## Mayo Clinic Tobacco Quitline: Provides support and encouragement

We won't tell you that quitting is easy — you know better. Breaking your nicotine dependence may be the toughest thing you ever attempt. Mayo Clinic Tobacco Quitline will offer support and encouragement every step of the way.

It's easy to get started in the program. Call the Mayo Clinic Tobacco Quitline toll-free number to schedule your first call with a counselor.

### Program participants share their comments

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*"The [Mayo Clinic] Tobacco Quitline counselors are very caring and helpful. I tried to quit many times — this program is the one that works!"*

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*"The booklet [workbook] has given me hope ... it shows that people who have smoked more than me can quit smoking ..."*

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*"Information is wonderful. I have '50 Ways to Resist the Urge to Smoke' on my fridge ..."*

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