

## **ILLINOIS TOBACCO QUITLINE SERVICES**

### **ITQL Contact Information:**

**Nancy Martin, Manager**

**Telephone: 217-610-8159; [Nancy.Martin@Lung.org](mailto:Nancy.Martin@Lung.org)**

**Marilyn Felix, Specialist, Health Promotions**

**Telephone: 312-940-6998; E-Mail: [Marilyn.Felix@Lung.org](mailto:Marilyn.Felix@Lung.org)**

### **Illinois Tobacco Quitline ... Ready to Assist (866-QUIT-YES)**

Since 2001, the Illinois Tobacco Quitline (ITQL) has been providing free telephonic tobacco cessation services. The ITQL is funded by the Illinois Department of Public Health and co-managed with the American Lung Association. The Quitline service is now available for teens and adults, ages 13 and up. Cessation services are available for all forms of tobacco, including e-cigarettes and vapes.

The Quitline is staffed by a team of certified tobacco treatment specialists, ready to assist in your tobacco free journey. The Quitline also has an interpretation service, if needed, along with bilingual staff. A key enhancement that is available to those who qualify is free nicotine replacement therapy, including patches, gum and lozenges. These products are available two times per year for up to eight weeks for individuals who have limited or no insurance. All individuals will receive an educational resource packet highlighting tips and showcasing the benefits of quitting tobacco. Online support services are also available through [www.quityes.org](http://www.quityes.org) and [www.smokefree.gov](http://www.smokefree.gov). Online enrollment for free counseling services at [www.quityes.org](http://www.quityes.org) is a confidentiality opportunity for individuals who want to begin their quit journey by answering assessment questions in privacy and when convenient with their schedule. Online enrollment is available 24 hours per day, 7 days per week. Enrolled callers can sign-up for a free Motivational Text Program to receive one text message per day for 8 weeks and is available in English and Spanish.

Along with unlimited calls, the Quitline also provides a 7-month follow-up service to check on the smoke-free success. If an individual has relapsed, assistance is offered once again to be tobacco free. Now is the time – reach out to the Illinois Tobacco Quitline by calling 866-QUIT-YES or enrolling or chatting online at [www.quityes.org](http://www.quityes.org).