



NJ Tobacco Quit Options

TOBACCO FREE FOR A HEALTHY NJ QUIT CENTERS



New Jersey residents have access to 11 Quit Centers across the state. Each Quit Center offers individual and group counseling, resources and support to stop or reduce the use of all tobacco products.

ALL SERVICES ARE CURRENTLY VIRTUAL!



Enrolled clients of the Quit Center may qualify for **FREE NRT** as part of their treatment plan.

Scan the QR code or visit tobaccofreenj.com to learn more about your quit options!

HELPING FAMILIES MOM'S Quit CONNECTION

Free individual smoking cessation sessions for families with children 8 and younger

Visit momsquit.com to learn more!

Quit4Kids



Through Mom's Quit Connection, a statewide texting program is available for pregnant women & partners; parents, family members and caregivers of children under 8.

Text **QUITFORKIDS** to **53016**

NEW JERSEY QUITLINESM I-866-NJ-STOPS

Visit njquitline.org to use the "web to enroll" option

Call the NJ Quitline at (1-866-657-8677) to talk to a Quit Coach.

Quit Coach Hours
Monday-Friday 8AM-9PM
Saturday 8AM-7PM
Sunday 9AM-5PM

FREE patches for qualified callers

English/Spanish available immediately. Other languages by appointment



TOBACCO FREE FOR A HEALTHY NJ

QUIT CENTERS

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| Atlantic County | Atlantic Prevention Resources Quit Center | 609-804-QUIT (7848) Quitcenter@atlprev.org |
| Cape May County | Cape May County Quit Center at Cape Assist | 609-522-5960 QuitCenter@CapeAssist.org |
| Cumberland/ Salem County | Inspira Quit Center | 856-641-8633 QuitCenter@ihn.org |
| Essex County | RWJBH Institute For Prevention and Recovery Quit Center | 833-795- QUIT (7848) Quitcenter@rwjbh.org |
| Hudson County | Hackensack Meridian Health Quit Center | 551-996-1632 Quitcenter@hmhn.org |
| Mercer County | RWJBH Institute For Prevention and Recovery Quit Center | 833-795- QUIT (7848) Quitcenter@rwjbh.org |
| Middlesex County | RWJBH Institute For Prevention and Recovery Quit Center | 833-795- QUIT (7848) Quitcenter@rwjbh.org |
| Monmouth County | RWJBH Institute For Prevention and Recovery Quit Center | 833-795- QUIT (7848) Quitcenter@rwjbh.org |
| Ocean County | RWJBH Institute For Prevention and Recovery Quit Center | 833-795- QUIT (7848) Quitcenter@rwjbh.org |
| Passaic County | Hackensack Meridian Health Quit Center | 551-996-1632 Quitcenter@hmhn.org |
| Union County | RWJBH Institute For Prevention and Recovery Quit Center | 833-795- QUIT (7848) Quitcenter@rwjbh.org |