



Georgia Tobacco Quit Line 1-877-270-STOP

Help your patients quit using tobacco.

TTY: 1-877-777-6534 for the hearing impaired

Spanish speakers may call 1-877-266-3863



**Live
healthy
Georgia**



www.livehealthygeorgia.org

What is the Georgia Tobacco Quit Line?

The Georgia Tobacco Quit Line (**1-877-270-STOP**) provides **free** counseling, screening, support and referral services for Georgia tobacco users ages 13 and older. The Quit Line is easy and accessible for all Georgians because most have access to a phone and there are no constraints such as transportation or support-group fees. The Quit Line is funded by the Master Tobacco Settlement through the Georgia Department of Human Resources Tobacco Use Prevention Section in partnership with the Georgia Cancer Coalition.

Why a Quit Line?

Tobacco is the number one preventable cause of death in Georgia and around the world. Almost 11,000 people die in Georgia every year from tobacco related illnesses. Counseling is a proven, effective treatment for patients. Studies show that telephone-based cessation programs like the Quit Line produce significantly higher quit rates than programs that use self-help materials alone.

How can you help your patients?

As providers you have considerable influence over your patients. Please use office visits as opportunities to check the patient's tobacco use history and offer treatment options. Patients who are told to quit using tobacco by their healthcare provider are more likely to quit. **Include tobacco use as a "vital sign" during initial patient assessment at the beginning of each visit and employ the "5 A's" recommended by Public Health Service Guidelines:**

- **Ask** if they use tobacco
- **Advise** to quit
- **Assess** willingness to make quit attempt
- **Assist** in making quit attempt (refer to **Georgia Tobacco at 1-877-270-STOP**).
- **Arrange** for follow up contact (refer to **Georgia Tobacco at 1-877-270-STOP**).

How effective is the Quit Line?

The Quit Line, launched in November 2001, has experienced high call volumes and high quit rates. More than 40,000 Georgians have called the Quit Line since its inception. More importantly, the Quit Line has been successful in helping Georgians to stop using tobacco.

Who can use the Quit Line?

The Quit Line is available to **all Georgia residents age 13 and older**. The Quit Line can be translated into 230 languages. **Spanish speakers may call 1-877-266-3863. TTY: 1-877-777-6534 for the hearing impaired.**

What are the hours of operation?

The hours of operation for the Quit Line are Sunday thru Saturday, 8 a.m. to midnight.

How does the Quit Line work?

You advise your patients to stop using tobacco and give them the Quit Line phone number (**1-877-270-STOP**). The call is **free** and so is the service. Callers to the Quit Line are connected to a trained counselor who provides:

- An assessment of readiness to quit.
- A customized quit plan, including up to four additional counseling phone calls.
- Motivation and problem-solving advice.
- Current information about physician recommended pharmacological support, such as nicotine gum, nicotine patches and other items.
- Information about cessation insurance benefits.
- Information about and referral to other cessation services, including local resources.
- Tobacco Quit Kit, including materials tailored to the patient's readiness to quit.