

NEW JERSEY QUITLINESM

New Jersey Quitline: A Free Resource for NJ Residents to Quit Smoking

Cigarette smoking is the leading cause of preventable death in the United States. While smoking rates have been declining steadily in the past decade, roughly 17% of residents in New Jersey continue to smoke. In order to reduce smoking statewide, the Department of Health created the New Jersey Quitline. The NJ Quitline offers free telephone counseling to any NJ resident (including adolescents) who want to quit using tobacco.

The NJ Quitline's trained Quit Coaches provide callers with multilingual, personalized quit tips and strategies to help smokers deal with stress, triggers and potential relapses. Additionally, qualified callers are able to receive two free weeks of nicotine replacement patches to jumpstart the success of their quit attempt. Callers who use Quitline services have a 60% better chance of quitting successfully than quitting on their own.

Clinicians and health professionals can refer their patients/clients by registering with the NJ Quitline's fax-to-quit referral program, and then receive individual status updates as well as monthly outcome data about their referrals. Smokers can call the NJ Quitline directly toll-free at 1-866-657-8677 or visit www.njqitline.org to register. For more information about the NJ Quitline's referral program, contact Cathy Butler at 856-675-5289 or at cbutler@snjpc.org.

