

# A Quick Guide to Kentucky's Free Tobacco Quitlines



## Quit Now Kentucky



## My Life, My Quit

Cost to Caller	Free!	Free!
Ages	All ages	Ages 17 & under
Website	<a href="http://QuitNowKentucky.org">QuitNowKentucky.org</a>	<a href="http://MyLifeMyQuit.com">MyLifeMyQuit.com</a>
Call	1-800-QUIT-NOW	855-891-9989
Text	QUITNOW to 333888	START MY QUIT to 36072
Types of Coaching*	Live support by phone, online, or both – plus extra support via email, text, or online chat	Live support by phone, by text, or through online chat – plus extra support via email or text
Hours	7AM to 1AM (ET) 7 days a week	Calls: 7AM to 1AM (ET) 7 days a week Texting & Chatting: 24/7
Duration	5 calls	5 calls
Quit-Smoking Medications	Free to many callers	Not available

\*There may be additional free resources for those who are pregnant, post-partum, LGBTQ+, or young adults (ages 18-24), as well as those who have behavioral health conditions. Programs and materials are also available in Spanish and for those who are hearing impaired. Translators are available at no cost for more than 200 additional languages.



KENTUCKY  
TOBACCO  
PREVENTION  
& CESSATION  
PROGRAM

Free and low-cost quitline promotional materials are available. To place an order, or to learn more about proven ways to quit smoking, vaping, or using other tobacco products, please contact the Kentucky Tobacco Prevention & Cessation Program at [KYtobaccofree@ky.gov](mailto:KYtobaccofree@ky.gov).

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