

Want to quit smoking?

Looking to talk to someone about a friend's tobacco use?

Give the NWT Quitline a call!



Our friendly Care Coaches are available right now to help you or someone you care about quit smoking!

 **1-866-286-5099**

The NWT Quitline is open 24 hours a day, 7 days a week. All calls are private and confidential

## Our Care Coaches are:



**Friendly, experienced** health care professionals trained to help people overcome addictions.



Able to **answer** all of your questions about tobacco.



Waiting to help you put together a **plan** to quit smoking.



Able to call you back with **support** whenever you think you'll need it.

Government of Northwest Territories



Call anytime  
in any  
language

Our toll-free NWT Quitline, at **1-866-286-5099**, is open 24/7 with trained counsellors waiting to help you.

Our Care Coaches can speak with you in English or French. You can also call to request translating services in all of the NWT's official languages.