



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!



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

Visit momsquit.com to learn more!



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**



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

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