

Cessation for your Community

Find the right cessation tools for your community's needs

The logo for 'quit partner' features the word 'quit' in a teal, lowercase, sans-serif font. The letter 'i' has a yellow speech bubble as its dot. Below 'quit' is the word 'partner' in a larger, teal, lowercase, sans-serif font. The letter 'a' has a red speech bubble as its dot.

1-800-QUIT-NOW (784-8669)

Free Help to Quit Your Way

Quit Partner is Minnesota's free way to quit nicotine, including smoking, vaping and chewing. We can support your quit with one-on one coaching and other helpful tools. Whenever you need us, we're here to help 24/7. Call 1-800-QUIT NOW (784-8669).

Services in Spanish



1-855-DEJELO-YA (335-3569)

Need an interpreter?



1-888-354-7526

Who Can Use Quit Partner?

Anyone in Minnesota can access our support. We also have special programs designed for people living with mental illnesses or substance use disorder, American Indian communities, pregnant and postpartum people and teens ages 13-17.



Chinese

(Cantonese & Mandarin)



1-800-838-8917

Korean



1-800-556-5564

Vietnamese



1-800-778-8440

Online Cessation Resources for your Community

Women and Expectant Mothers



March of Dimes

www.marchofdimes.org/pregnancy/smoking-during-pregnancy.aspx



Smokefree Women

www.women.smokefree.gov



National Institute on Aging

Senior Citizens

National Institute on Aging

www.nia.nih.gov/health/publication/smoking-its-never-too-late-stop



U.S. Department of Defense: Quit Tobacco. Make Everyone Proud

www.ucanquit2.org

Military Veterans



LGBT

National LGBT Tobacco Control Network

www.lgbttobacco.org/index.php



SmokefreeTeen

www.teen.smokefree.gov



Native Americans

First Nations/Native Americans Keep It Sacred

www.keepitsacred.itcni.org

