



Praise for QuitlineNC

1-800-Quit-Now (1-800-784-8669) • QuitlineNC.com



Here's What Some Participants Said About Our Services.

Helpful, Non-judgmental Support

"This program has been really helpful. You are working with people at all different stages, and the way you help all of us is really incredible. Thank you for all of your help."

"You have been so helpful and patient, and you have made what could have been a really stressful situation so easy. Normally, this kind of thing would have made me want to have a cigarette, and I don't feel like that at all."

"The Quit Coach is very skilled and a quality listener. I'm just so appreciative of the call."

"You are so good at your job! Everyone who works there is! I am a communication specialist and it is all about the goals; you get it and it's great!"

"Having someone to work with, who knew what they were talking about, was very helpful. I'm glad to know this support is here when I need it."

"Nobody's pushy; nobody's judgmental; you don't make me feel bad. You're easy to talk to and encouraging."

"I love my calls. All of you have made this so much easier, and I love getting to hear from friendly, cheerful, non-judgmental people over the phone. It really helps. I look forward to hearing from y'all."

"Text2Quit has helped me so much. The coaches have been great as well."

"I thank you for all of your help! You've been an awesome coach, a good listener and a good teacher"

"The Quit Coach was very attentive to my needs and offered a lot of feedback that was helpful to me. She helped me to look at my goals and offered suggestions based on our conversation."

Couldn't Have Done It Without You!

"You guys are great. Without the coaching, I don't think I could have done it."

"This program has helped me! I've been smoking since I was 12 years old. I never thought that I would quit, but I have!"

"I know for a fact that I would not have quit without this program. I really appreciate all you have done for me."

Learned Something New

"Knowing that as African-American people, we're targeted in ad campaigns. I know I have to show people that quitting can be done. ... I'll owe you my success."

"I smoke regular cigars and I enjoy them. ... I thought it was better than smoking cigarettes. Today has been productive because I learned one cigar is equal to six cigarettes. I am in my 60s and I want to enjoy a longer, healthier life, so I'd rather not enjoy my cigars, and enjoy life."

"The texts and conversations were all educational!"

Great Suggestions

"I want to thank all the coaches! A couple of days ago I talked with one, and she nailed down the problem that I was having! Now, I no longer have those strong cravings, and I was just calling to thank everyone."

"Each coach has given me different advice, and all of it has been helpful. I especially like the changes in habits as now I go about my day differently and plan to remain smoke free."

"Thank you for all the great tips!"

"She gave me good ideas about things to try that can reduce my urge to smoke."

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Confidence Building

"I really appreciate that you were thorough about setting up a plan with me today. My motivation and confidence levels got stronger throughout our conversation."

"I'm going to knock this out of the park. I appreciate what you do. Thank you for speaking with me today."

"What you do there, that is a ministry. You help so many people. Smoking kills people, and you help people quit smoking. I WILL quit smoking. I have never said that with conviction before. Thank you."

"When you guys call, it just gives me a boost of motivation. I really appreciate your support and encouragement. It makes me feel like I can do it, and I will do it."

"You remind me that I CAN quit and get back my health."

Inspirational

"Thank you! You've been very helpful. I feel so inspired now!"

"My call with a coach made me realize what I'm capable of and gave me the mindset that I don't need to smoke anymore. It really helped me to talk with you guys. I know I'm worth so much more now!"

"Thanks for the inspiration. I am really excited about this. I think I can do it!"

"You have such an upbeat attitude and voice, and you are doing the right thing by helping people. I want to give you a spiritual hug for being so motivating!"

Long-Term Success

"I quit a year ago, as of April, and I wanted to call to thank you guys for helping me."

"If anyone can quit after all I have been through and stay quit, it is pretty amazing."

Skeptical at First

"I had been skeptical about calling, but then I heard someone else's story of quitting through your program, and finally decided to call. ... I am sorry I didn't call sooner!"

"I can't express how much you all have meant to my quit attempt. I even had a slip, but the coaches helped me realize that it can be part of the process, and to not beat myself up, but instead to learn from it. And now I remind myself that, no matter what I'm going through, not only will the cigarette NOT make it better, it will actually make it worse."

"I was not really comfortable setting a quit date in the beginning of the call, but you have made me feel better about quitting. After discussing some ways to cope with my urges, I am feeling much better about quitting and believe that I will be able to."

Health Improvements

"I have been quit for over three months and I want you to know that when I quit my health improved and I feel so much better."

"Your team has been so helpful with my journey, and I could not be happier! I can taste and smell my food better than I have in years! My circulation has improved greatly, and I actually feel like getting outside and being active, not worrying about getting winded!"

"I have been quit six months now. I feel better than ever."