



Dealing with nicotine withdrawal is a challenge even in the best situation but self-isolation, economic stress, or a sense of uncertainty can worsen your nicotine withdrawal symptoms. Consider the below resources if you or someone you know is struggling with quitting tobacco.

### **Receive free Nicotine Replacement Therapy (NRT) from the 1-800-Quit Now Tobacco Quit line**

If you are quarantined, self-isolated, or unable to afford tobacco products, free NRT will help ease the withdrawal symptoms and make the process easier. The 1-800-Quit Now tobacco quit line provides free over-the-counter nicotine replacement therapy including the patch, lozenges, and gum for all Hoosiers. Each person is allowed NRT for two quit attempts per year. Supplies are limited and not guaranteed.

### **Speak to a Trained Professional for Free Anytime of the Day**

With Quit Coaches, you always have someone on your side, walking you through your withdrawal with the advice and knowledge you need. Quit coaches have 200 hours of training to help you successfully quit.

### **Identify Healthy Habits you can Build upon While Isolated at Home**

Creativity is key when battling nicotine withdrawal; especially during unusual situations. Social distancing makes it difficult to engage in many social activities, but that doesn't mean you can't be proactive. Consider crossword puzzles, Sudoku, chatting on the phone with friends, online mindfulness and meditation videos or E-volunteering. Let your friends and family know you need extra moral support.

### **Celebrate Your Achievement!**

Be proud of yourself each day you stay tobacco free. Quitting tobacco is a big deal, and you deserve a little celebration!

