

# 1-800

# QUIT NOW

## ANSWERS. ADVICE. REFERRALS.

### Did You Know?

- LGBT's smoke at rates 40% to almost 200% higher than the general population.
- Tobacco companies have used LGBT civil rights leaders to help them frame smoking as a "freedom" so they can target us more successfully.
- If you call the quitline you are up to 5 times more likely to successfully quit smoking versus going cold turkey.
- One phone call can get you a FREE quit coach, FREE quit plan, and answers and support to help you quit smoking today.



National L G B T  
tobacco control network  
[www.lgbttobacco.org](http://www.lgbttobacco.org)