



“Go through quitting gambling - then die from smoking? Oh *hell*, naw. I quit both.” -Destiny

* Free help to integrate tobacco cessation into your care:

HelpUsQuit.org

* Free help to quit smoking: 800-QUIT-NOW or 800-784-8669

* Free help to quit gambling: 800-gamble-5 or 800-426-2535

WiNTiP
Wisconsin Nicotine Treatment
Integration Project