



**“My gambling and smoking triggered each other. I realized, ‘man, I have to quit both.’” -Cory**

\* 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