

CANCER

quit
smoking

NCI'S CANCER INFORMATION SERVICE CAN HELP.

Get **free**, **confidential**, and **compassionate** services to help you quit smoking. Contact us to speak with a smoking cessation counselor, and get the support you need to quit smoking for good.

Help is standing by.

1-800-4-CANCER
(1-800-422-6237)

cancer.gov/contact