

# Livingston County Break the Habit Program

**By the Livingston County  
Health Department and the  
Illinois Tobacco Quitline**

## What is the Break the Habit Program?

BTH provides to eligible clients\* free smoking cessation counseling through the Illinois Tobacco Quitline and up to 8 weeks of free nicotine patches through the Livingston County Health Department.

## How do I Join the BTH Program?

Call the Quitline at **1-866-QUIT-YES (1-866-784-8937)** & tell the counselor you want to join the Break the Habit Program. The Quitline Counselor will explain the rest to you at that time. If all counselors are busy when you call, you can leave your name & phone number and they will call you back.

\* People with the public medical card or health insurance that covers the cost of nicotine patches should use their medical benefits to get patches. They can still call the Quitline for smoking cessation counseling.

**If you're wanting to quit smoking, don't delay.**

**Call the Quitline Today!**

Nicotine patches will only be available while tobacco grant funds last.



**Don't give up  
giving up.**

This program is made possible in part by funding from the Illinois Tobacco Free Communities Program, Illinois Department of Public Health.