



When you are ready to quit, we can help.

**CALL 1-800-QUIT-NOW**

or visit [www.quitnow.net/guam](http://www.quitnow.net/guam)

Strictly confidential.

Contact the Department of Public Health and Social Services  
at 735-7334/7303 for further information.



**FREE CALL... FREE SERVICE ... FREEDOM FROM TOBACCO**

The Tobacco Free Guam (TFG) Quitline provides counseling, educational materials, and free gum or patches, upon availability of funding, for those ready to quit smoking and other tobacco use.

Call or visit anytime,  
24 hours a day / 7 days a week

For more information about the TFG Quitline please call the  
Department of Public Health and Social Services at 735-7334.