

# UCSF Smoking Cessation Leadership Center

Published on *Smoking Cessation Leadership Center* (<https://smokingcessationleadership.ucsf.edu>)

---

## 1-800-QUIT-NOW cards



## About 1-800-QUIT-NOW

1-800-Quit-Now is a national router number which accepts callers from throughout the nation, seamlessly directing them to the appropriate state quitline. In an effort to promote this valuable resource, the Smoking Cessation Leadership Center has developed a small, plastic card the size of a credit card to help promote the national quitline.

Quitlines are toll-free telephone centers staffed by trained cessation experts. For clinicians, they provide an easy, fast, and effective way to help smokers quit. By simply identifying smokers, advising them to quit, and sending them to a free telephone service, clinicians can save thousands of lives.

## How to order

**Submit this form** <sup>[1]</sup> and our card vendor, A4 Promotions, will contact you to complete your order. Please allow 4-6 weeks for shipping. **250 card minimum order. Cards are free of charge. (There will be a delay with shipping as SCLC is still in the process of purchasing more cards. Current submissions are on file for when cards are ready. Sorry for the inconvenience!)**

## QUIT NOW Card Survey

An SCLC survey of organizations that purchased the card shows 85% agreed the card helped streamline their organization's ability to provide tobacco cessation assistance to patients (moderately or extremely) and 80% said it increased the number of patients who receive tobacco cessation advice in their organization (moderately or extremely). Others surveyed have found the card to be "easy to understand, eye-catching, portable, sturdy?" One individual from a VA facility in Louisiana wrote regarding a Quit Now card campaign: "This program really saved us; at a time when we had little else, it enabled us to keep some level of program going [after Hurricane Katrina]?" And still another said, "My office distributes the cards at all of our community education events. They are a wonderful teaching tool."

Over the last few years, the Ask, Advise, Refer model has become an accepted way of implementing the USPHS Clinical Practice Guideline and the 1-800-QUIT NOW card has entered the mainstream of cessation efforts. There are **over 4 million QUIT NOW cards in circulation** and all types of health professionals and counselors, and peers currently use the approach and the card to help smokers quit.

## Calling a Quitline Can Be Key to Success

This page from the CDC <sup>[2]</sup> has videos that show what your patients can expect when they call 1-800-QUIT-NOW and how they can get the most out of their experience.

- When someone calls 1-800-QUIT-NOW, they can speak confidentially with a highly trained quit coach.
- Quitlines provide many of the services and similar support found in a stop-smoking class or from a doctor, and can be a valuable complement to a doctor's care.
- Quitlines are available throughout the United States.
- Coaching help is available in several languages.

View the CDC's Five Reasons Why Calling a Quitline Can Be Key to Your Success. <sup>[2]</sup>

### About Us

Staff

News

Newsletter & Listserv Signup

Communiqué Newsletter

Communiqué Newsletter Archive

Director's Corner

Events

Support Us

### Partnerships & Collaborations

CA Behavioral Health & Wellness Initiative

Smoke-free Public Housing: Helping Smokers Quit  
National Behavioral Health Network  
The National Partnership on Behavioral Health and Tobacco Use  
UC Quits  
Pfizer IGLC  
SAMHSA

### Behavioral Health

Curricula & Online Training  
Fact Sheets & Reports  
Presentations  
Publications  
Toolkits

### Vulnerable Populations

Education Level  
Homeless  
Low Socioeconomic Status  
LGBT  
Race/Ethnicity

### Resources

Campaigns & Initiatives  
Curricula & Online Training  
Fact Sheets & Reports  
Infographics  
Publications  
Presentations  
Toolkits  
1-800-QUIT-NOW cards  
Asian Smokers' Quitline  
Videos

### Webinars

Free CME/CE Credit for Webinar Collections  
Individual Recordings Available for CME/CE Credit  
Webinar Archive

### Ways to Quit

Medications  
Online Resources  
Social Support  
Treatment Options  
Quitline

© 2019 University of California

Smoking Cessation Leadership Center  
University of California, San Francisco

3333 California Street, Suite 430, San Francisco, CA 94143, Phone: (877) 509-3786  
<https://smokingcessationleadership.ucsf.edu>

---

**Source URL:** <https://smokingcessationleadership.ucsf.edu/1-800-quit-now-cards>

#### Links

[1] [https://ucsf.co1.qualtrics.com/jfe/form/SV\\_6maLztRjsWNncod](https://ucsf.co1.qualtrics.com/jfe/form/SV_6maLztRjsWNncod)

[2] [https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quitline/index.html?s\\_cid=OSH\\_tips\\_A0001](https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quitline/index.html?s_cid=OSH_tips_A0001)