



Quitting smoking is associated with improved mental health, reduced symptoms, lower stress, more positive mood, and a better quality of life.  
Get help; quit now.

<https://www.quitnow.net/texas/>




# Want to quit smoking?

Call the QUITLINE

**1-877-YES-QUIT (1-877-937-7848)**

A project of Integral Care, University of Houston, and supported by the Cancer Prevention & Research Institute of Texas.



 TakingTexasTobaccoFree

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visit: [www.takingtexasobaccofree.com](http://www.takingtexasobaccofree.com)

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