

# Get Free Help if You Smoke or Vape

Adults 18 and older who smoke or vape and want to quit or cut back may be able to get:

- An appointment for a brief coaching session
- A free one-month supply of tobacco treatment medications (such as nicotine patches and lozenges)
- Educational materials



For an appointment, scan the QR code to fill out a form, or call 718-508-0641 or text 646-941-9754.

All appointments will take place at



**1826 Arthur Ave.  
Bronx, NY 10457**

For more information about smoking or vaping, visit [nyc.gov/health](https://nyc.gov/health) and search for **NYC Quits**.

