

Wellness - Smoking Cessation



The website, www.quitwithusla.org, includes resources for those seeking to quit tobacco, as well as for those wanting to help our residents quit. QuitWithUsLA provides links for both residents and healthcare providers to access the benefits of quitting, web enrollment into the Louisiana Quitline, and the support line numbers for both the Louisiana Quitline and the Smoking Cessation Trust. State employees who are ready to quit smoking or using tobacco are encouraged to enroll in a tobacco cessation program through the Louisiana Tobacco Quitline (1-800-QUIT-NOW). Louisiana Tobacco Quitline is available 24 hours per day, 7 days per week, and incorporates evidence-based strategies for tobacco cessation. The Louisiana Quitline provides telephone and web-based tobacco cessation coaching to all Louisianans, including nicotine replacement therapy (NRT), web and text messaging support, printed materials, and referral to community resources. [Click here for more information.](#)