










# NDQuits reduces the harms of nicotine dependence by helping North Dakotans quit

**NDQuits**  
1-800-QUIT-NOW (1-800-784-8669)  
[hhs.nd.gov/ndquits](https://hhs.nd.gov/ndquits)

NDQuits is North Dakota's [tobacco and nicotine treatment quitline](#). Anyone in North Dakota can call NDQuits (1-800-QUIT-NOW) or sign up online for [free treatment services](#), including phone counseling, NRT (nicotine patches, gum, or lozenges), and other resources. The U.S. Surgeon General reported, "Since the 1990s, a large body of clinical literature had [consistently demonstrated the effectiveness of tobacco quitlines](#)." \*

- Participating in multiple sessions of phone counseling makes you 1.4 times more likely to quit
- Combining counseling with NRT (as you can in NDQuits) is the "gold standard" in treating tobacco and nicotine dependence.

\*Office of the Surgeon General: <https://www.hhs.gov/sites/default/files/2020-cessation-sgr-full-report.pdf>

	 <b>Phone</b>	 <b>Web</b>
 Enrollment	<ul style="list-style-type: none"> <li>• Enroll by calling <b>1-800-QUIT-NOW</b> or text <b>start</b> to <b>300500</b></li> <li>• Eligible to re-enroll every 60 days after last contact</li> </ul>	<ul style="list-style-type: none"> <li>• Enroll at <a href="https://hhs.nd.gov/ndquits">hhs.nd.gov/ndquits</a></li> <li>• Lifetime enrollment</li> </ul>
 Counseling calls	5+ calls with North Dakota quit coaches	 <i>Can be accessed by adding the phone program</i>
 Web portal	 <i>Can be accessed by adding the phone program</i>	Online access to quit resources
 NRT benefits (Nicotine replacement therapy)*  <i>*Individuals insured by Medicaid may be eligible for additional NRT</i>	<i>If you do not have insurance or your insurance does not cover NRT:</i>	
	For NDPERS members, up to 16 weeks of <b>patches, gum, or lozenges, or combination NRT</b> (patches and gum or lozenges)	For NDPERS members, up to 16 weeks of <b>patches, gum, or lozenges</b>
 Available add-ons	<ul style="list-style-type: none"> <li>• Printed quit guide</li> <li>• Emails</li> <li>• Texts</li> </ul>	<ul style="list-style-type: none"> <li>• Online quit guide</li> <li>• Emails</li> </ul>



The **American Indian Commercial Tobacco Program** and the **Pregnancy/Postpartum Protocol** each offer additional counseling calls than the general NDQuits program. Both programs have specially trained coaches and a tailored treatment and recovery guide.  
*Note for these programs, quit coaches may not be located in ND.*

NDQuits also offers **My Life, My Quit**, a program specially tailored for youth under age 18 who want to quit.