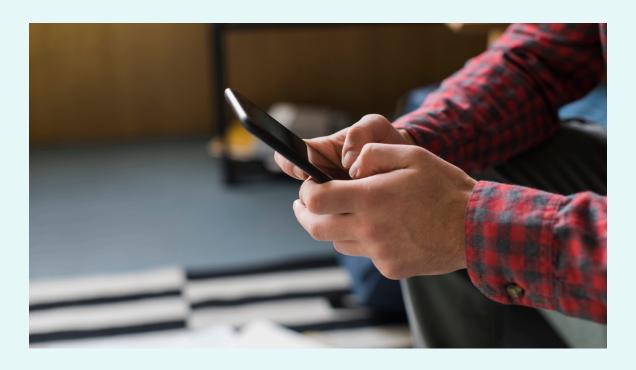
## AlbertaQuits Helpline



The AlbertaQuits Helpline is a free, confidential support service to help people cut back or quit using commercial tobacco or vaping products. Call the AlbertaQuits Helpline or complete the self-referral form online.

1-866-710-QUIT (7848)

8 a.m. to 8 p.m. daily

