

Today is [World No Tobacco Day](#). Join this global movement to quit or encourage others to quit smoking!



Nearly two-thirds of NYC smokers [try to quit](#) every year. If you've been thinking about quitting and haven't been able to do so on your own, try quitting together with others today



Reasons to Quit

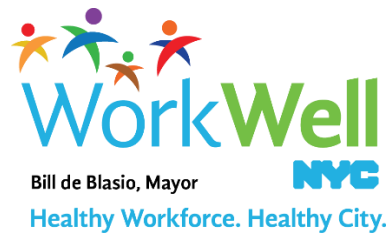
- Have more energy
- Feel better
- Take better care of your teeth
- Save money
- Have a healthier and longer life

Resources to Quit

- Need help? Call 347-396-4403 to enroll in the Employee Smoking Cessation Assistance Program ([ESCAPE](#)), which is available for **all** New York City government employees and their household members. ESCAPE offers the following quit-smoking support, **free** of charge:
 - Medications, including nicotine patches, gum and lozenges, Zyban (bupropion) and Chantix (varenicline)
 - Confidential counseling provided by trained specialists in-person or by phone
- The new [NYC HelpMeQuit app](#) is a great tool to help you finally say goodbye to cigarettes. Download now for **free** at the Apple ([iOS](#)) or Google Play ([Android](#)) app stores, and share with others.
- Coping with stress without smoking can be tough, but here are some helpful [tips and strategies](#). Keep trying; quitting is hard, but each try is progress.
- Talk to your regular health care provider about quitting smoking. If you don't have a regular health care provider, call the number on the back of your health insurance card or visit your health plan [website](#) to find one in your network.



- Visit [WorkWell NYC](#) to learn more about resources to quit smoking.



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