

Diyaar mautahay
inaad joojiso sigaar
cabista ama sigaarka
elegtarooniga?



Waxaan halkaan
kuugu haynaa
caawimaad bilaash
ah oo aanu
dhaqankaagaas ku
joojinayno.

Taagero afar iyo labatan saac oo bilaash ah oo loogu talagalay joojintatha

Hadii ay kuugu horeyso joojinta mise aad horey iskugu dayay
inaad joojiso, waxaan kaa caawin karna inaad hesho
qaabki aad Iska joojin lahayd abadan.



Tababarid bilaash ah oo lagugu
sameynaayo taleefoonka



Balaastaro , xanjooyin iyo
ninac kiniini bilaash ah*



limayl & fariimo bilaash ah

Tag QuitPartnerMN.com/so ama
wac 1-800-QUIT-NOW (784-8669)

Waxaad heshaa taagero joojin bilaash ah oo kugu haboon adiga

Waxaad sahamin kusameysa barnaamijyadeena bilaashka ah si aad u hesho mid kuanfaca mel walbo aad joogtid.



Quit Partner™ wuxuu halkan ujooga dadka Minnesota oo dan ee daadoda tahay 18 iyo wixi kaweeyn. Wac 1-800-QUIT-NOW (1-800-784-8669) ama waxaad booqataa QuitPartnerMN.com/so.



NOOLASHEYDHA, JOOJINTEYDHA™ wexey bixisaa caawinad qarsoodi ah, oo bilaash ah, una gaar ah dalinyaradha daadoda udexeyso (13-17). Fariintan "Start" waxaad udirtaa 36072 mise waxaad booqataa MylifeMyQuit.com.



Qadka joojinta Hindida Mareykan ee Quit Partner™ waxey heysaa koox hegan ah oo ka kooban tababarayaal hindida mareykan ah oo fahansan daqankaga oo hishmadheeya caadooyinkaaga. Wac 1-833-9AI-QUIT (1-833-924-7848) mise booqo aiquit.com.



Barnaamijka dabecadaha caafimaadka ee Quit Partner waxey taagero deeri ah siisaa dadka la nool khalkhalka isticmaalka maandooriyaha ama jirrada maskaxda, sida welwelka, niyad -jabka ama PTSD. Wac 1-800-QUIT-NOW (1-800-784-8669) mise booqo QuitPartnerMN.com/so.



Barnaamijka uurka ee Quit Partner waxey bixisaa tageero deeri ah oo ay siineyso dumarka uurka ah mise kuwa rajeeynaayo iney uur qaadhaan. Wac 1-800-QUIT-NOW (1-800-784-8669) mise booqo QuitPartnerMN.com/so.

Quit Partner waxaa heli karaan dadka gobolka Minnesota ee aan caymiska lahayn iyo kuwa caymiskootha aanan dabooli karin tababarka mise qaradhaadka daawooyinka.