

**Try to Stop.
We can Help.**

**Free Counseling
to Quit Tobacco**

Available to All NH Residents

I-800-QUIT-NOW

www.TryToStopNH.org

New Hampshire
Tobacco Helpline
Try to Stop. We Can Help.

Dial Recorded Quit Tips:
1-800-9-GET-A-TIP
Spanish Helpline: 1-800-833-5256
TTY/TDD Helpline: 1-800-833-1477

Department of Health and Human Services • Division of Public Health Services

Welcome to Dear Me New Hampshire!

If you wrote a letter to yourself about quitting smoking, what would you say?
We're inviting smokers across New Hampshire to do just that. And while every "Dear Me" letter is incredibly personal, each has the power to inspire us all.

Click to watch Patrick and Sharon's personal letters to themselves >>

Dear Me,
I know you
tried to quit
smoking!
because, am I
not worth it?
Love,
Me

Dear Me,
You kept your
promise to quit
smoking, and now
you're different as f! I
knew it will be
so difficult, why
would I want to
do it?
Sincerely,
Me

Dear Me,
You can't keep
trying to quit
smoking, but that
does not mean unsuccessful, just that
there are too many bad reasons and
all along you get, a much better idea!
Sincerely,
Me

No one can make me quit, but me.

JSI conducted the “Dear Me NH” social media contest using motivational interviewing and theory of reasoned action, produced social engagement, radio and TV ads, including two-minute behind-the-scenes video for participants.

Thinking about quitting tobacco?

The New Hampshire Tobacco Helpline can help you stop using tobacco.



Free and Confidential



Anyone in New Hampshire can use the helpline to quit, stay quit or just get information.

CALL: 1-800-QUIT-NOW/1-800-784-8669
VISIT: www.TryToStopNH.org

 **HIGHLIGHT**


The DearMe-NH campaign has resulted in more than a doubling of calls to the NH Tobacco Helpline. Winner: 2013-2014 Campaign Summary Report. (2015) BRONZE MEDAL, National Public Health Information Coalition.

Dear Me,

You know why you're here
and now you are trying to
out what it would be like to be
Smoke Free. You have smoked
Since you were about 10 years old.
You struggle with the thought
of quitting and then seem to
Smoke even more.


You know that your three grand-
children would love it if you quit.
You quit you could have more
of having more like me.

The Try-To-Stop Tobacco NH YouTube channel includes DearMe NH videos.



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[I Want To Quit](#)
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[Customized Quit Tips](#)
[Resources](#)
[Media](#)
[For Providers](#)
[What's New](#)


What's New



How Can We Protect Kids from Secondhand Smoke?

[Learn more >](#)

Quitting Smoking is a Journey



This 8 min video explores what works and what doesn't work when thinking about quitting smoking. [Watch the video](#)

The New Hampshire Tobacco Helpline incorporates the following component services: call center to provide information and technical assistance to the public and to professionals in the field; phone-based tobacco cessation Quitline services; tobacco education clearinghouse; Technical Assistance Resource Center and Video Lending Library; customized quit tips via text, and an informational, interactive website.

The “Dear Me NH” campaign encouraged individuals to upload letters and videos through posts to the campaign’s Facebook page or the NH Tobacco Helpline’s website.

A woman with long, wavy brown hair and glasses is smiling and holding a large white sign. The sign contains a handwritten message in black ink. In the top right corner of the image, there is a blue square with a white lowercase 'f', representing the Facebook logo.