

Source WHO, 07.09.2022: <https://www.who.int/campaigns/world-no-tobacco-day/2021/quitting-toolkit/toll-free-quitlines>

Land Country:	Länder- vorwahl Country code:	Nationale Quitline National quitline:	Tabakentwöhnungs-Webseite Tobacco cessation website:
Armenia	+374	60440001	/
Austria	+43	800 810 013	<a href="https://rauchfrei.at">https://rauchfrei.at</a>
Azerbaijan	/	/	<a href="https://nosmoke.az">https://nosmoke.az</a>
Belarus	+375	8-017-289-80-34	<a href="https://mentalhealth.by/press-tsentr/stati-o-zdorovom-obraze-zhizni/lechenie-tabakokureniya">https://mentalhealth.by/press-tsentr/stati-o-zdorovom-obraze-zhizni/lechenie-tabakokureniya</a>
Belgium	+32	800 111 00	<a href="https://www.tabacstop.be/">https://www.tabacstop.be/</a>
Bulgaria	+359	700 10 323	<a href="https://www.dnevnik.bg/zdrave/2016/09/06/2820901_pomoshtta_za_otkaz_ot_cigarite_po_telefona_e_vse/">https://www.dnevnik.bg/zdrave/2016/09/06/2820901_pomoshtta_za_otkaz_ot_cigarite_po_telefona_e_vse/</a>
Croatia	+385	800 7999	<a href="https://www.zzjzdnz.hr/hr/zdravlje/pusenje-i-zdravlje/446">https://www.zzjzdnz.hr/hr/zdravlje/pusenje-i-zdravlje/446</a>
Czech Republic	+420	800350000	<a href="https://www.slzt.cz/">https://www.slzt.cz/</a>
Denmark	/	/	<b>E-quit programme:</b> <a href="https://ekvit.dk/">https://ekvit.dk/</a>
Estonia	/	/	<a href="https://www.tubakainfo.ee/">https://www.tubakainfo.ee/</a>
Finland	+358	800 148 484	<a href="https://stumppi.fi/">https://stumppi.fi/</a>
France	+33	3989 <b>not toll-free</b>	<b>App:</b> <a href="https://coaching.tabac-info-service.fr/">https://coaching.tabac-info-service.fr/</a>
Georgia	+995	116001	<b>App:</b> <a href="https://play.google.com/store/apps/details?id=ge.ncdc.tavsvanebeb">https://play.google.com/store/apps/details?id=ge.ncdc.tavsvanebeb</a>
Germany	+49	800 8 31 31 31	<a href="https://www.rauchfrei-info.de/aufhoeren/unterstuetzung-beim-rauchstopp/telefonberatung/">https://www.rauchfrei-info.de/aufhoeren/unterstuetzung-beim-rauchstopp/telefonberatung/</a>

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Hungary	+36	80 442044	<a href="https://www.doki.net/tarsasag/hypertension/hirek.aspx?&amp;nid=28472">https://www.doki.net/tarsasag/hypertension/hirek.aspx?&amp;nid=28472</a>
Iceland	/	/	<a href="https://www.landlaeknir.is/um-embattid/greinar/grein/item14725/Er-timabaert-ad-kvedja-tobakid-">https://www.landlaeknir.is/um-embattid/greinar/grein/item14725/Er-timabaert-ad-kvedja-tobakid-</a>
Ireland	+353	1800 201 203 Freetext quit: 50100	<a href="https://www2.hse.ie/quit-smoking/">https://www2.hse.ie/quit-smoking/</a>
Italy	+39	800-554088 (Green Telephone)	<a href="https://www.iss.it/numeri-verdi/-/asset_publisher/LXvuDqwiaG9G/content/telefono-verde-contro-il-fumo-2">https://www.iss.it/numeri-verdi/-/asset_publisher/LXvuDqwiaG9G/content/telefono-verde-contro-il-fumo-2</a>
Kyrgyzstan	+996	2103	<a href="http://www.help.kg/?b=hotline">http://www.help.kg/?b=hotline</a>
Latvia	+371	67037333	<a href="https://veseligrizdinieks.lv/konsultativais-talrunis-67037333-atbalsts-smekšanas-atmesanai/">https://veseligrizdinieks.lv/konsultativais-talrunis-67037333-atbalsts-smekšanas-atmesanai/</a>
Luxembourg	+352	8002 6767	<a href="https://sante.public.lu/fr/campagnes/2016/programme-aide.html">https://sante.public.lu/fr/campagnes/2016/programme-aide.html</a>
Malta	+356	80073333	<a href="https://deputyprimeminister.gov.mt/en/environmental/tobaccofree/Pages/Landing.aspx">https://deputyprimeminister.gov.mt/en/environmental/tobaccofree/Pages/Landing.aspx</a>
Netherlands	+31	800-1995	<a href="https://www.ikstopnu.nl/hulp-nodig/stoplijn/">https://www.ikstopnu.nl/hulp-nodig/stoplijn/</a>
Norway	/	/	<a href="https://nhi.no/psykisk-helse/rus-og-avhengighet/rad-for-roykeslutt/">https://nhi.no/psykisk-helse/rus-og-avhengighet/rad-for-roykeslutt/</a> <a href="https://www.helsenorge.no/snus-og-roykeslutt">https://www.helsenorge.no/snus-og-roykeslutt</a> <b>Quit messaging:</b> <a href="https://www.facebook.com/slutta.no/">https://www.facebook.com/slutta.no/</a>
Poland	+48	801 108 108	<a href="http://jakrzucicpalenie.pl/">http://jakrzucicpalenie.pl/</a>

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Republic of Moldova	+373	80010001	<a href="http://imspdrn.md/pagina-medicului-2/">http://imspdrn.md/pagina-medicului-2/</a>
Romania	+40	800 878 673	<a href="https://stopfumat.eu/">https://stopfumat.eu/</a>
Russian Federation	+7	8-800-200-0-200	/
Slovakia	+421	850111682	/
Slovenia	+386	80 27 77	<a href="https://www.nijz.si/sl/s-cimprejsnjo-opustivijo-kajenja-za-pomembno-izboljšanje-zdravja">https://www.nijz.si/sl/s-cimprejsnjo-opustivijo-kajenja-za-pomembno-izboljšanje-zdravja</a>
Sweden	+46	20-840000	<a href="https://www.slutarokalinjen.se/other-languages/english/">https://www.slutarokalinjen.se/other-languages/english/</a>
Switzerland	+41	848000181	<a href="https://www.rauchstopplinie.ch/index.php/de/">https://www.rauchstopplinie.ch/index.php/de/</a>
Turkey	+90	171	<a href="https://alo171.saglik.gov.tr/#">https://alo171.saglik.gov.tr/#</a>
Turkmenistan	+993	76-75-59	/
Ukraine	+380	800-50-55-60	<a href="http://stopsmoking.org.ua/">http://stopsmoking.org.ua/</a>
UK	+44	<b>England:</b> 300 123 1044 <b>Scotland:</b> 800 84 84 84 <b>Wales:</b> 800 085 2219	<a href="https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/">https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/</a>