

Tobacco Cessation Quitline Older Adult Poster

English	Indigenous Language
It's never too late to stop smoking!	Káa dúle dúh t'jh ts'éét'úu gháts'ndi !
Want to quit? Give us a call!	Megháondi enedhe? Nahets'e gundeh !
We are here to help. Call our friendly and experienced Care Coaches at the NWT Quitline. They are available right now to help you or someone you care about kick their nicotine habit forever.	Ejo ahtthit'I t'ah káa dúle nets'athndi. Amii Góhdli Ndeh ts'ehk'eh eghálagideh-ke dene ts'é genezu, ezhi t'ah gots'é gundeh. Dúh káa dúle nets'agendi ɣle énidé amii sée meghonjto sii edj ts'éét'úu met'ah ahsii tını gúlí ɣaa zhee gháondi ghá mets'anendi.
The NWT Quitline is open 24 hours a day, 7 days a week. All calls are private and confidential.	Góhdli Ndeh godj ts'éét'úu gháts'undi ts'ehk'eh la ɣáondih godakadenjto gháguht'e. Gots'é gundeh ghá énidé, kii dene ɣié kɔ azhií ghoh adjndj kii keogedihsho ghailée gots'eh dene ɣié kɔ gondah agedi ghailée.
Our Care Coaches are:	Amii nahets'agendi la:
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Our Care Coaches are:	Amii nahets'agendi la:
friendly, experienced health care professionals trained to help people overcome addictions	Dene ts'é genezu, náidík'éozho ts'ehk'eh nezu gogháoneto, ezhi t'ah amii ts'éét'úu t'ah tsjnda sii, káa dúle gots'agendi t'ah metehts'edetlaa.
able to suggest Nicotine Replacement Therapy options or prescription drugs to deal with nicotine withdrawal symptoms	Gots'eh káa dúle ts'éét'úu met'ah ahsii tını gúlí ts'ehk'eh gots'agendi ɣle énidé náidí goghágedendi t'ah meteh ts'edetlaa.
able to answer all of your questions about tobacco	Gots'eh ts'éét'úu ts'ehk'eh dagoáke enedhe énidé káa dúle zhee ts'ehk'eh nets'é gogendeh
waiting to help you put together a plan to quit smoking	Ts'éét'úu ghánohndi enedhe énidé, káa dúle zhee nandah dáondih t'ah meghánndi ghá nets'agendi ghá.
able to call you back with support when you think you might need it most	Daqedhaa nets'agundi enedhe énidé káa dúle nets'é gogendeh
Call anytime in any language	Kíiozhii nezhatie t'ah gots'é gundeh
Our toll-free NWT Quitline, at 1-866-286-5099, is open 24/7 with trained counsellors waiting to help you.	Góhdli Ndeh godj ts'éét'úu ghánohndi enedhe énidé gots'é edihfu, ezhi la 1-866-286-5099 ot'e. Amii nezu dene ts'agendi ghá gogháoneto sii ɣáondih gohá gedehth'I ghágit'e.
Our Care Coaches can speak with you in English or French. You can also call to request translating services in all of the NWT's official languages.	Amii nahets'agendi la etthot'je ɣle énidé moɣasoté t'ah gogendeh ghágit'e. Góhdli Ndeh goghá ɣatahtı guɣı ot'e, ezhi t'ah nezhatie t'ah guhndeh enedhe énidé kagohdjndi.