

Tobacco Cessation Quitline Young Adult Poster

English	Indigenous Language
Want to quit smoking?	Ts'ée't'úu ghánohndi enedhe ?
Give the NWT Quitline a call!	Góhdli Ndeh godj ts'ée't'úu gháts'undi ts'enidhe, énidé gots'é gundeh!
We are here to help.	Ejō ahthit'I t'ah káa dúle nets'ahthindí
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.	Góhdli Ndeh godj ts'ée't'úu gháts'undi ts'enidhe, énidé ezhii la dene nezu goheh eghálgideh-ke gots'é gundeh. Káa dúh ezhii naheghá gedehth'I ghagít'e t'ah káa dúle nets'agendí ñle énidé amii meghonieto síi edj ts'ée't'úu met'ah ahsii ñini gúli meghánohndi enidhe, énidé, káa dúle mets'anendí.
Our Care Coaches are:	Amii gots'agendí la :
friendly, experienced health care professionals trained to help people overcome addictions	Dene ts'é genezu, náidík'éozho ts'ehk'eh nezu gogháneto, ededj ghá amii ts'ée't'úu met'ah ahsii ñini gúli síi megháondí enidhe énidé káa dúle gots'agendj.
able to suggest Nicotine Replacement Therapy options or prescription drugs to deal with nicotine withdrawal symptoms	Káa dúle ts'ée't'úu met'ah ahsii ñini gúli ts'ehk'eh t'ah náidí goghágendí ñle énidé káa dúle dene híe nahets'andi t'ah nets'agendj.
The NWT Quitline is open 24 hours a day, 7 days a week. All calls are private and confidential.	Góhdli Ndeh godj ts'ée't'úu met'ah ahsii ñini gúli megháts'undi ts'enidhe, énidé dze gháádé met'ah gots'éndeh táondih ts'ehkeh dene híe goghá theda ot'e gots'eh híe dáedze, táhdj dze ts'é dene híe goghá theda ot'e. Gots'é gáhnkeh énidé dúye dene gondaa kagedí ghálee.
able to answer all of your questions about tobacco	K'endah ts'ée't'úu ts'ehk'eh dagoduhke énedhe, énidé káa dúle nets'agendj.
waiting to help you put together a plan to quit smoking	Ts'ée't'úu ghánohndi énedhe, énidé nedahgih'í t'ah, menandah ahsii t'ah nets'agendí ghá.
able to call you back with support when you think you might need it most	Daededhaa ñi sets'agundj enedhe, énidé, t'áá nets'é gogendeh ghá
Call anytime in any language	Kíozhii káa enedhe, énidé ne zhatie 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'ée't'úu ghánohndi enedhe, énidé gots'é edihú, ezhii la 1-866-286-5099 ot'e. Amii nezu dene ts'agendí ghá gogháoneto síi táondih 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 gots'andi la káa dúle moja k'ée'íle énidé molásohé t'ah nets'é gogendeh. Góhdli Ndeh amii dezhatie t'ah guhnkeh enidhe, énidé, nezu kagohdjndj.