



# Resources for Quitting Smoking...

For more information on quitting smoking and resources to help, check with your local hospital or community health center and visit these useful websites.

Organization	Contact Information	Resources Provided
American Heart Association	<a href="http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuitSmoking_UCM_001085_SubHomePage.jsp">http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuitSmoking_UCM_001085_SubHomePage.jsp</a>	Smoking cessation information, practical tips for quitting and handling urges, and resources.
American Lung Association Smoking Cessation Counseling	1-866-QUIT-YES (1-866-784-8937)	Smoking cessation counseling by nurses, therapists, and smoking cessation counselors
American Lung Association	<a href="http://www.lungusa.org/stop-smoking/">http://www.lungusa.org/stop-smoking/</a> 1-800-LUNG-USA (1-800-586-4872)	Information on tobacco use and how to quit; Freedom From Smoking programs, \$60-125 (depending on area)
Centers for Disease Control and Prevention (CDC)	<a href="http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm">http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm</a>	List of resources for quitting
Centers for Disease Control and Prevention (CDC)	<a href="http://www.cdc.gov/tobacco/data_statistics/sgr/2010/consumer_booklet/pdfs/consumer.pdf">http://www.cdc.gov/tobacco/data_statistics/sgr/2010/consumer_booklet/pdfs/consumer.pdf</a>	Consumer booklet that summarizes the 2010 Surgeon General's Report-How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease
National Cancer Institute	<a href="http://www.cancer.gov/cancer-topics/factsheet/tobacco/cessation">http://www.cancer.gov/cancer-topics/factsheet/tobacco/cessation</a>	Fact sheet on harms of smoking and benefits of quitting



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Nicotine Anonymous	<a href="http://www.nicotine-anonymous.org">www.nicotine-anonymous.org</a>	A non-profit 12 step fellowship of men and women helping each other live nicotine-free lives. Group is open to all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids.
Quit Tobacco. Make Everyone Proud. (Military Only)	<a href="http://www.ucanquit2.org">www.ucanquit2.org</a>	Educational campaign for the U.S. military, sponsored by the Department of Defense. Get information about tobacco cessation; develop a personalized plan for quitting, create a personal or public blog, communicate with live trained professionals available 24/7.
SmokeFree.gov	<a href="http://www.smokefree.gov">www.smokefree.gov</a> 1-800-QUIT-NOW	A step by step guide to quitting; live chat (online instant message) with a counselor; telephone counseling.
SmokEnders	<a href="http://www.smokenders.com">http://www.smokenders.com</a> (800) 828-4357	The "Learn How To Quit Kit" for \$125 - a self-study kit that includes seven weeks of seminars on audio tapes, interactive workbook and counseling services (based on the original live seminar).
Way2Quit	<a href="http://www.way2quit.com">www.way2quit.com</a>	Informational website sponsored by GlaxoSmith-Kline; provides information about tobacco effects and tips and steps to help with smoking cessation.
World No Tobacco Day	<a href="http://www.who.int/tobacco/communications/events/wntd/en/index.html">http://www.who.int/tobacco/communications/events/wntd/en/index.html</a>	A public health initiative by World Health Organization to encourage abstinence from tobacco products for 24 hours on May 31st. of every year in an effort to draw global attention to the widespread prevalence of tobacco use and to negative health effects.