



## Smoking/Tobacco Cessation Resources

### Internet Programs:

- ♦ **American Heart Association** offers a free program where you can download or order brochures. [www.americanheart.org/presenter.jhtml?identifier=4731](http://www.americanheart.org/presenter.jhtml?identifier=4731)
- ♦ **EX National Alliance for Tobacco Cessation** offers information and a support network online. [www.becomeanex.org](http://www.becomeanex.org)
- ♦ **American Lung Association Freedom From Smoking Online** offers a free 7 module system. [www.ffsonline.org](http://www.ffsonline.org)
- ♦ **National Cancer Institute NCI's Live Help Service** offers a free, live chat with counselors. Monday-Friday from 9am-11pm Eastern.  
<http://www.cancer.gov/cancertopics/smoking>
- ♦ **Quit Net Healthways** Free support forums. Some resources require paid membership. [www.quitnet.com](http://www.quitnet.com)
- ♦ **Smokefree.gov Federal health agencies** Free online guide to quitting.  
[www.smokefree.gov](http://www.smokefree.gov)

### In-Person Programs

- ♦ **Nicotine Anonymous** NA is nonprofit 12-step fellowships of people helping each other live without nicotine. It offers group support and recovery. Site provides listing of meeting locations. Not available in all states. [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

### Telephone Programs

- ♦ **American Cancer Society Quit Line** English and Spanish. Available in Nebraska and Wyoming 1-800 ACS-2345 (1-800-227-2345)  
[www.cancer.org/docroot/PED/PED\\_10.asp](http://www.cancer.org/docroot/PED/PED_10.asp)
- ♦ **National Cancer Institute Smoking Quit Line** free English and Spanish, Monday-Friday from 9am-4:30pm local time 1-877-44U-QUIT (1-877-448-7848)
- ♦ **National Quit Line** English and Spanish, caller is directed to their state's quit line 1-800-QUITNOW (1-800-784-8669) TTY 1-800-332-8615 [www.naquitline.org](http://www.naquitline.org)