

COMMUNITY RESOURCES FOR TOBACCO CESSATION

QUITLINES

North Carolina Quitline

quitlinenc.com

1-800-QUIT-NOW (1-800-784-8669)

For support in quitting, including free quit coaching, a free quit plan, some free smoking cessation medications, free educational materials, and referrals to local resources

National Cancer Institute Quitline

1-877-44U-QUIT (1-877-448-7848)

Offers a wide range of services, including individualized counseling, printed information, referrals to other resources, and recorded messages

ONLINE QUITTING HELP

SmokeFree.Gov

<https://smokefree.gov/>

A website dedicated to helping you quit smoking

SmokeFreeTXT

<https://smokefree.gov/tools-tips/text-programs/quit-for-good/smokefreetxt>

Free 27/7 quit help for adults and young adults texted to your phone

SmokeFreeWomen

<https://women.smokefree.gov/>

A website that helps women quit smoking

SmokeFreeTeen

<https://teen.smokefree.gov/>

A website that helps teens quit smoking

SmokeFree60

<https://60plus.smokefree.gov/>

A website that helps people 60+ quit smoking

SmokeFree.gov en Espanol

<https://espanol.smokefree.gov/>

A website in Spanish dedicated to helping you quit smoking

SmokeFree QuitGuide App

<https://smokefree.gov/tools-tips/apps/quitguide>

Track your progress, receive encouraging reminders, and more on your smartphone.

SmokeFree QuitStart App

<https://smokefree.gov/tools-tips/apps/quitstart>

Free smartphone app that helps you quit smoking with tailored tips, inspiration, and challenges.

Help for Smokers and other Tobacco Users

<https://www.ahrq.gov/prevention/guidelines/tobacco/clinicians/tearsheets/helpsmokers.html>

Booklet that tells you about ways you can quit smoking

Pathways to Freedom: Winning the Fight Against Tobacco

https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/pathways/index.htm

Guide that addresses tobacco issues specific to African Americans

FDA 101: Guide to Smoking Cessation Products

<https://www.fda.gov/consumers/consumer-updates/want-quit-smoking-fda-approved-products-can-help>

Article discussing FDA approved products to help you quit smoking

Quit Tobacco-Make Everyone Proud

<https://tricare.mil/tobacco cessation>

A DOD-sponsored website for military personnel and their families

SmokeFreeVet

<https://veterans.smokefree.gov/tools-tips-vet/smokefreevet>

A mobile text messaging services for veterans getting health care through the VA

What you Need to Know About Quitting

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm

CDC Fact Sheet

BeTobaccoFree.gov

<https://betobaccofree.hhs.gov/quit-now/index.html>

One-stop shop with quit guidance for tobacco users, parents, educators, and health professionals.

American Cancer Society

<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html>

Guide to quitting smoking

American Heart Association

<https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco>

Help quitting smoking and vaping

American Lung Association

<https://www.lung.org/stop-smoking/i-want-to-quit/how-to-quit-smoking.html>
Help quitting smoking

BecomeAnEx
<https://www.becomeanex.org/>
A free, online plan to help you quit smoking

North American Quitline Consortium
<http://map.naquitline.org/>
To learn more about quitline services available in your state, click on your state