

Resources to Help You Quit Smoking

It can be hard to quit smoking, but you can do it! And you don't have to do it alone. Your care team is here to support you. Here are some other resources that can help you succeed.

Counseling

- Talk about your tobacco use with a trained counselor in private sessions. Receive ideas, tools and support to help you quit. Many health care policies cover this type of counseling. Talk with your primary care provider about this option.

Help lines and online programs

- **800-QUIT-NOW** (800-784-8669): This number will connect you with the quit line for your state. Trained coaches counsel you by phone and help you create a quit plan. They provide tips and tools on how to overcome the urge to smoke. They can also explain medicines and nicotine replacement therapy (NRT) to help you quit smoking. *Your state quit line may be able to offer NRT if it is covered by your health care insurance.*
- **Freedom from Smoking Program** from the American Lung Association: Visit www.ffsonline.org.
- **Lung HelpLine & Tobacco QuitLine** from the American Lung Association: Call (800) LUNG-USA (800-586-4872) or visit www.lung.org/stop-smoking.
- **QuitNet Program:** QuitNet members receive support from former smokers and expert help from counselors with special training. Live chats, community forums, buddies and more: <https://quitnet.meyouhealth.com/#/>
- **UCanQuit2:** This program is for military personnel and their families. It offers counseling with quit coaches and free products to help you quit smoking. Products are available at military pharmacies or by home order. Call 877-988-WEST or visit www.UCanQuit2.org.
- **Veteran Administration's Smoking Quitline:** The quitline is open to any veteran receiving health care through the VA. Counselors help you create a quit plan, teach you ways to keep from relapsing and provide follow-up calls. Call (855) QUIT-VET (855-784-8838) or visit www.publichealth.va.gov/smoking/quitline.asp.

Reading materials

- **How to Quit Smoking or Smokeless Tobacco** from the American Cancer Society: Call (866) QUIT-4-LIFE (866-784-8454) or visit www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html.
- **Where to Get Help When You Decide to Quit Smoking** from the National Institute of Health (NIH): Visit www.cancer.gov/cancertopics/factsheet/tobacco/help-quitting.