

Smoking Cessation Resources

Internet Resources for smoking cessation

- American Cancer Society: Free guides to quitting smoking.
<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index>
- American Cancer Society: Guide to help you stay quit and remain a “quitter”.
<http://www.cancer.org/Healthy/StayAwayfromTobacco/quitting-smoking-help-for-cravings-and-tough-situations>
- [Freedom From Smoking Online](#): The American Lung Association's Freedom from Smoking course is available for free online.
- [National Cancer Institute](#): Free online guide, printable resources and counseling available through Instant Messaging.
- [trytostop.org](#): Free online program presented by the Massachusetts Department of Public Health.
- [quitnet.com](#): Online resources that includes a free planning guide. Premium membership allows access to additional support services.
- [Quit Now NCI](#): Statewide tobacco use cessation partnership that promotes awareness, develops resources, and conducts trainings to help North Carolinians successfully quit tobacco.
- [WebQuit Study](#): Want to quit smoking? Study seeks adult smokers nationwide for a free, online smoking-cessation study.

The following Web sites provide free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking. If you want to quit, here's where you can find help:

- **[Tips From Former Smokers Web site](#)**: provides more information about the Tips campaign, including additional videos and links to podcasts by participants.
- **[CDC's Smoking & Tobacco Use Web site](#)**: CDC's one-stop shop for information about tobacco and smoking cessation.
- **[BeTobaccoFree.gov](#)** is the Department of Health and Human Services' comprehensive Web site providing one-stop access to tobacco-related information from across its agencies. This consolidated resource includes general information on tobacco as well as federal and state laws and policies, health statistics, and evidence-based methods on how to quit.
- **[Smokefree.gov](#)** provides free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking.
- **[SmokefreeWomen](#)** provides free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of women trying to quit smoking.
- **[Quit Tobacco: Make Everyone Proud](#)** is a Department of Defense-sponsored Web site for military personnel and their families.
- **[SfT \(Smokefree Teen\)](#)** is a site devoted to helping teens quit smoking.
- **[SmokefreeTXT](#)** is a teen texting site.

- [Smokefree.gov \(en Español\)](http://Smokefree.gov) is a Spanish-language quitting site.
- CDC's [How to Quit Web pages](#) provide more useful information to help you quit.

Telephone Resources

- **1-800-Quit NOW:** North Carolina's Quit Line
- **1-800-817-7044:** NC HealthSmart Health Coaches Support Line
- **1-800-LUNG-USA:** A telephone smoking program guided by the American Lung Association.
- **1-800-ACS-2345:** American Cancer Society's 24-hr/day line. (National Quit Line)
- **1-866-66START:** Quitline for pregnant smokers.
- **1-800-4CANCER:** National Cancer Institute

Cell Phone and Computer Apps

Depending upon your cell phone, different apps are available. Most, free of charge while others may have a small nominal fee. Nevertheless, many find the following apps helpful.

- Biblical Encouragement-Stop Smoking
- Buttoff (Stop Smoking Helper)
- Since iQuit (free)
- Suckometer (GlaxoSmithKline)
- SmokeFree Lite (innumera LLC)
- GottaKickit Now
- My QuitLine (Jessica abroms)

Local cessation classes-Fresh Start

Meets once a week for one-hour (4 week) series. Classes are free of charge and run periodically in Durham County. For more information on upcoming classes or to register, call Joanie Ross at 560-7765.

Text Lines

- CDC Smoke-free text line: free 24/7 quit help texted to your phone. Just text QUIT to 47848

Support Groups

Contact the Durham County Department of Public Health for more information on support groups in the Durham area call (919) 560-7765

November 19, 2015 is the **Great American SmokeOut!** Even if you are unsure about quitting at this time, it is still the perfect opportunity to quit for at least a day. To support your efforts, request your survival kit today by calling 560-7760!