

Quit Tobacco Resources (Updated)

State and National Resources

American Cancer Society offers quit tobacco resources. 1-248-663-3454 or 1-800-227-2345.
www.cancer.org

American Heart Association offers printed material. 1-800-242-8721. www.americanheart.org

American Legacy Foundation offers online assistance and referrals to community programs.
<http://www.becomeanex.org/>

American Lung Association offers quit smoking classes, printed material, quit tobacco website. 1-800-586-4872. Also offers telephone quit advice. 1-800-548-8252. www.lungusa.org

Centers for Disease Control and Prevention has several free quit tobacco guides, booklets and fact sheets. http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm Offers a complete Website for tobacco users who want to quit. www.smokefree.gov.

Women: www.women.smokefree.gov

Teens: www.teen.smokefree.gov.

Texting: <http://smokefree.gov/smokefreetxt>

Smartphone App: <http://www.smokefree.gov/apps/>

Michigan Department of Community Health Tobacco Section website offers information on secondhand smoke, quitting and much more. www.michigan.gov/tobacco.

The Michigan Tobacco Quitline offers free information and tobacco treatment referral 24 hours/day at 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569). Free counseling and NRT may be available to certain callers. <https://michigan.quitlogix.org/>

National Cancer Institute offers telephone advice (1-877-448-7848, M-F, 9 am-4:30 pm) and a quit kit at <http://www.cancer.gov/cancertopics/tobacco/smoking>.. Online counselors are available M-F, 9 am-11 pm at: www.cancer.gov/help

The Asian Smokers Quitline offers Asian-language quit smoking service. The Quitline offers self-help materials, one-on-one telephone counseling to quit smoking, and a free two-week starter kit of nicotine patches. Chinese (Cantonese and Mandarin): 1-800-838-8917, Korean: 1-800-556-5564, Vietnamese: 1-800-778-8440 11:00 am-midnight M-F

Nicotine Anonymous offers telephone support. 415-750-0328. www.nicotine-anonymous.org

QuitNet offers an online quit smoking program including support from a network of ex-tobacco users.
www.quitnet.com

U.S. Department of Health and Human Services displays tobacco related “frequently asked questions,” a quit challenge blog and much more. <http://betobaccofree.hhs.gov/>

National Alliance on Mental Illness-NAMI Hearts and Minds offers quit smoking information.
http://www.nami.org/template.cfm?section=smoking_cessation