## Online & Phone Support for Quitting Smoking

- <u>www.ffsonline.org</u> Freedom From Smoking® Online American Lung Association's free online smoking cessation program
- <a href="https://www.lungusa2.org/cessation2/statedetail.php?stateId=39">www.lungusa2.org/cessation2/statedetail.php?stateId=39</a> American Lung Association's State Cessation Coverage Database. Click on a state to find information about cessation coverage
- <u>www.cancer.gov/cancertopics/smoking</u> Facts and resource ideas for quitting smoking
- <u>www.cissecure.nci.nih.gov/livehelp/welcome.asp</u> (LiveHelp Online Chat) Get information and advice about quitting smoking through a confidential online text chat with an information specialist from NCI's Cancer Information Service Monday through Friday 9:00 a.m. to 11:00 p.m. U.S. Eastern Time: LiveHelp
- <u>www.Smokefree.gov</u> This Web site offers science-driven tools, information, and support that have been effective in helping smokers quit
- <u>www.women.smokefree.gov</u> Try the Smokefree Women Web site for information on how to quit smoking. The site covers smoking-related topics that are often important to women, such as weight management and stress, and tells how to contact experts and find other resources.
- <u>www.cancer.gov/cancertopics/tobacco/quittingtips</u> A series of fact sheets with information about challenges related to quitting tobacco and approaches for addressing the difficulties.
- www.cancer.org/docroot/PED/content/PED 10 13X Guide for Quitting S moking.asp?from=fast This "Guide to Quitting Smoking" has information about the benefits of quitting, planning how to quit, ideas for how to deal with the physical and mental aspects of quitting, etc.
- <a href="https://www.nicotine-anonymous.org">www.nicotine-anonymous.org</a> Nicotine Anonymous information on inperson meetings, phone meetings, and online meetings. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products in any form. The Fellowship offers group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine.
- 1-877-44U-QUIT (1-877-448-7848); TTY: 1-800-332-8615 Smoking Quitline Talk with an NCI smoking cessation counselor for help quitting and answers to smoking-related questions in English or Spanish call toll free within the United States, Monday through Friday 9:00 a.m. to 4:30 p.m. local time.

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