

Tobacco Abuse Referral Resources Guide

[] CDC Guide for Quitting Smoking.

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/index.html>. Includes:

- Know Your Reasons for Quitting
- Make a Decision to Quit
- Take Steps to Quit
- Learn About Nicotine Replacement Therapy
- Build Your Quit Plan
- Build Support to Stay Quit
- Manage Your Quit Day
- Prepare for Cravings
- Manage Withdrawal
- Prevent Slips
- Enjoy Benefits of Being Smoke free
- Prepare to Stay Smoke free
- Recognize Signs of Depression
- Reduce Your Stress
- Avoid Secondhand Smoke

[] CDC website on how to quit smoking: https://www.cdc.gov/tobacco/quit_smoking/index.htm

[] Quitline Services

Call [1-800-QUIT-NOW](tel:1-800-QUIT-NOW) (1-800-784-8669) if you want help quitting. This is a free telephone support service that can help people who want to stop smoking or using tobacco. Callers are routed to their state quitlines, which offer several types of quit information and services. These may include:

- Free support, advice, and counseling from experienced quitline coaches
- A personalized quit plan
- Practical information on how to quit, including ways to cope with nicotine withdrawal
- The latest information about stop-smoking medications
- Free or discounted medications (available for at least some callers in most states)
- Referrals to other resources
- Mailed self-help materials

[] **Down Loads.** FREE QuitGuide Mobile App.

https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/mobile-quit-guide/index.html?s_cid=OSH_tips_D9318. *QuitGuide helps you:*

- Track craving and slips by times of day and location
- Track your mood and smoking triggers
- Stay motivated with inspirational messages
- Identify your reasons for quitting
- Get tips and distractions for dealing with cravings and bad moods
- Monitor your progress toward achieving smokefree milestones
- Create journal entries

[] **Online Help.** *Get free help online, too.*

- For information on quitting, go to the [Quit Smoking Resources](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/resources/index.htm) page on CDC's Smoking & Tobacco Use Web site. https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/resources/index.htm
- Read inspiring stories about former smokers and their reasons for quitting at CDC's [Tips From Former Smokers](https://www.cdc.gov/tobacco/campaign/tips) Web site. <https://www.cdc.gov/tobacco/campaign/tips>
- The [I'm Ready to Quit!](https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/?s_cid=OSH_tips_D9170) page links to many helpful resources from CDC website. https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/?s_cid=OSH_tips_D9170

Online Government Resources

- [Smokefree.gov](https://smokefree.gov) A Web site dedicated to helping you quit smoking.
- SmokefreeTXT <https://smokefree.gov/smokefreetxt> Free 24/7 quit help for adults and young adults texted to your phone!
- Smokefree Women <https://women.smokefree.gov> A Web site that helps women quit smoking.
- Smokefree Teen <https://teen.smokefree.gov> A Web site that helps teens quit smoking.
- Smokefree.gov en Español <https://espanol.smokefree.gov> A Web site in Spanish dedicated to helping you quit smoking.
- Smokefree QuitGuide App <https://smokefree.gov/apps-quitguide> Track your progress, receive encouraging reminders, and more on your smartphone. Available from iTunes.
- Help for Smokers and Other Tobacco Users <https://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/tearsheets/helpsmokers.html> Booklet that tells you about ways you can quit.
- 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: Smoking Cessation Products <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm198176.htm>. Article discussing FDA approved products that help you quit smoking.
- SmokefreeVet <https://smokefree.gov/smokefreevet> A mobile text messaging service 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
- 5 Quit Tips https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/quit_tips/index.htm Five tips to help you quit
- BeTobaccoFree.gov <https://betobaccofree.hhs.gov/quit-now/index.html> One-stop shop with quit guidance for tobacco users, parents, educators, and health professionals.
- Nicotine Anonymous <https://nicotine-anonymous.org>
- S-Anon <https://sanon.org>
- American Lung Association <https://lungusa.org>