



Quit Smoking Links:

Clearing the Air: Quit Smoking Tool Kit:

<file:///C:/Users/hmcebs/Documents/Documents/Smoking%20Cessation/clearing-the-air-accessible.pdf>

Quit Smoking Information From the National Cancer Institute:

<https://pubs.cancer.gov/ncipl/searchres.aspx?sid=t%2bSODalt1VkaKKA92136wBiDrhpfkt1nx%2fws0oR%2fVquKWpgH%2bnZm53m9jD5AIPDC>

Smoking Cessation Resources:

Free Coaching (in Spanish also), Information, Self-Help Websites and Assistance with Getting Nicotine Replacement Products if Available in the State the Individual Resides.

State Sponsored Support: 1-800- QUITNOW (1-800-784-8669) / TTY 1-800-332-8615

Each state provides coaching, hours vary depending upon the state the individual resides, a self-help quit smoking website, in some states nicotine replacement and information about quitting smoking.

American Cancer Society (ACS): 1-800-ACS-2345 (1-800-227-2345)

The organization provides coaching 24 hours a day 7 days a week, information about quitting smoking and nicotine replacement products if available in that state.

American Lung Association: 1-800-LUNG-USA (1-800-586-4872)

The organization provides coaching 7am -11pm CST 7 days a week, information about quitting smoking and assistance with getting nicotine replacement products if available in that state.

National Cancer Institute: 1-877-44U-QUIT (1-877-448-7848)

The organization provides coaching Monday through Friday, 8:00am to 8pm EST.

Self-help quit smoking website:

<http://smokefree.gov/ready-to-quit> also provides text messaging 24/7 encouragement, advice, and tips.