

Quit Smoking Resources

Program	Sponsor	Web Site	Phone #	Description
Ohio Tobacco Program Cessation	ODH Ohio Department of Health	Ohio Quit Line - Ohio Department of Health https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/tobacco-use-prevention-and-cessation/cessation/	1-800-QUIT-NOW	Provides personal quit coaching and telephone counseling free of charge to Ohioans who are uninsured, have Medicaid, are pregnant, or are covered through the Ohio Tobacco Collaborative. Nicotine patches, gum or lozenges are provided for up to four weeks at no charge to eligible participants.
Plan Your Quit	Nicorette (GSK)	www.quit.com	1-800-419-4766	Free guidance to help you Understand, prepare, and start your quit. Determine best way for you to stop smoking, Why do you want to stop, Support Hub, FAQs, \$5.00 off coupons for Nicorette Products Must download MyQuit
Plan My Quit	Chantix/Champix	https://www.planmyquit.com/		Find quit tips from an expert and discover the support you may need to quit smoking
BecomeAnEX	Truth Initiative®	https://www.becomeanex.org/		Free online quit-smoking program from the American Legacy Foundation. BecomeAnEX is a free digital resource to help tobacco users quit. This resource includes an active social community, text and email messaging support, expert guidance and interactive quitting tools.
Quit for Life	American Cancer Society	https://www.quitnow.net/Program/	1-866-QUIT-4-LIFE (1-866-784-8454). Para inscribirse en	Free online quit-smoking program from the American Cancer Society

			Español, llame al 1-866-784-8454 y oprima 2.	
Freedom From Smoking	American Lung Association	http://www.freedomfromsmoking.org/?referrer=http://www.asco.org/practice-research/additional-resources-patients-and-practitioners	1-800-LUNGUSA (1-800-586-4872)	Quit-smoking program from the American Lung Association. Offers online, in-person and phone program options. There is a small fee required to register.
QuitNet	Me You Health	https://quitnet.meyouhealth.com/#/		Comprehensive online tobacco cessation support program. QuitNet hosts the world's largest community of smokers and ex-smokers
How to Quit Quit Smoking Resources	CDC U. S Centers for Disease Control and Prevention	https://www.cdc.gov/tobacco/ https://www.cdc.gov/tobacco/quit-smoking/how-to-quit/resources/index.htm	1-800-QUIT-NOW	A free, phone-based service with educational materials, coaches, a quit plan, and referrals to local resources to help you quit tobacco use.
Hable con un experto	CDC U. S Centers for Disease Control and Prevention		1-855-DÉJELO-YA (1-855-335-3569)	A free, phone-based service to help Spanish speaking persons quit tobacco use.
Tobacco Free	HHS Health and Human Services	https://betobaccofree.hhs.gov/		This HHS Web site provides one-stop access to tobacco-related information, including information on quitting tobacco use, from its various agencies.
Quitting is a Journey	NCI National Cancer Institute	https://smokefree.gov/ smokefree.gov (en Español) https://women.smokefree.gov/		A Web site that provides free, accurate information and assistance to help you quit smoking and stay tobacco-free.
Smoking Cessation Info	NIH National Cancer Institute	https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco	1 877-44U-QUIT (1-877-448-7848)	Also, NCI offers free, confidential information about quitting tobacco by phone and online. Smoking cessation counselors are available online by clicking the "Quitting Smoking" button in the LiveHelp pop-up, Monday through Friday, 9:00 a.m. to 9:00 p.m. ET.