

Tobacco Cessation Resources



Freedom From Smoking® Plus Online Program. Quit smoking with the click of a button through the new **Freedom From Smoking® Plus**. This user-friendly interface allows you to create a personal quit smoking plan on your desktop, tablet/smartphone. The **Freedom From Smoking® Plus** program walks you through the quitting process and has a surround sound of support from our [Lung HelpLine](#) counselors and other quitters through our online community. Cost: \$99.95/12-month membership.

Freedom From Smoking® Self-Help Guide. Work through a quit smoking attempt, on your own time, at your own pace and on your own through the **Freedom From Smoking® Self-Help Guide**. Call [1-800-LUNGUSA](#) (1-800-586-4872) to order The Guide to Help You Quit Smoking today.

Freedom From Smoking® Group Clinics. In-person group clinics include eight sessions with a small group that is led by a certified facilitator. This program features a step-by-step plan for quitting smoking and transitioning to a smoke-free lifestyle. Each session is designed to help smokers gain control over their behavior. This program also provides variety of evidence-based techniques for individuals to combine into their own plan to quit smoking. Call [1-800-LUNGUSA](#) (1-800-586-4872) to find a location near you.

Lung HelpLine. The certified counselors at the American Lung Association's **Lung HelpLine** can help you decide if you are ready to quit—and what the best option is for you. Contact [1-800-LUNGUSA](#) (1-800-586-4872)

Tobacco Cessation Smartphone APP's



QuitGuide is a free app that helps you understand your smoking patterns and build the skills needed to become and stay smoke-free. Get inspirational messages for each craving you track, which keep you focused and motivated on your smoke-free journey. Available for both iPhone and Android.



QuitSTART is a free app made for teens/adults who want to quit smoking. This app takes the information you provide about your smoking history and gives you tailored tips, inspiration, and challenges to help you become smoke-free and live a healthier life. Available for both iPhone and Android.



Craving to Quit® is a 21 day mindfulness-based wellness program based on a successful smoking cessation curriculum developed and tested at Yale, and proven to be twice as effective as a leading quit smoking therapy. Available for both iPhone and Android.

Tobacco Cessation Text Messaging Programs

Smokefree.gov SmokefreeTXT. This is a text messaging program designed for adults who want to quit smoking. The program lasts 6-8 weeks, depending on your quit date. You will receive 3-5 messages per day. Text messages will provide tips, advice, and encouragement to help you overcome challenges and stay motivated.

Smokefree.gov Daily Challenges Text. This text messaging program is designed for smokers who are not ready to quit smoking but want to build their quitting skills. You will get a new challenge every day for one week, and you will receive additional messages with tips and encouragement to help you build confidence and succeed.

Smokefree.gov Practice Quit. **Practice Quit** is for smokers who want to try being smoke-free for a short time before quitting for good. Your practice quit can be 1, 3, or 5 days—it's your choice. You will receive 3 to 5 messages each day of your practice quit with tips and encouragement for sticking with it.

Smokefree.gov On-Demand Support. Skip the sign-up and get a special message right now. Text keyword to 47848:

- Text CRAVE if you need to help beating a craving
- Text MOOD if you need an emotional boost
- Text SLIP if you need help getting back on track after you smoke.