

# Smoking Cessation Resources

## Online/Phone Support

**American Cancer Society:** 1-800-227-2345 [www.cancer.org](http://www.cancer.org)

Free materials, quit kits, and referrals are available. Take the quiz to see your nicotine profile at: <https://www.cancer.org/healthy/stay-away-from-tobacco>. Join the American Cancer Society Quit for Life Facebook page for free, online social support.

**American Legacy Foundation:** [www.becomeanex.org](http://www.becomeanex.org) The EX Plan is a free quit smoking program, one that can show you a whole new way to think about quitting.

**American Lung Association:** 1-800-LUNG-USA or [www.lung.org](http://www.lung.org)

The Lung Helpline provides certified counselors who specialize in helping people quit.

**Freedom From Smoking:** <https://www.freedomfromsmoking.org/>

Freedom From Smoking program is a proven way to quit smoking—and stay quit—even if you’ve tried before and went back to smoking. Flexible online format includes nine sessions to be completed over a six-week period. Available on your desktop, tablet or smartphone.

**Michigan Department of Health & Human Resources (MDHHS):** [www.michigan.gov/tobacco](http://www.michigan.gov/tobacco)

The MDHHS Tobacco Control Program has numerous on-line Tools & Resources.

**Michigan Tobacco Quitline:** 1-800-QUIT-NOW or 1-800-734-8669 or <http://michigan.quitlogix.org> Receive assistance from a trained smoking cessation counselor to develop a quit plan. Nicotine replacement products are available for those who qualify. Special services and information are available for pregnancy, spit- tobacco use, non-English speaking callers and persons with hearing impairments.

**QuitGuide App:** QuitGuide is a free app that helps you understand your smoking patterns and build the skills needed to become and stay smoke free. This app is available for download on AppStore or Google Play.

**Quit Net:** [www.quitnet.com](http://www.quitnet.com) Quit Net offers an online quit smoking program including support from a network of ex-tobacco users.

**QuitSTART App:** The quitSTART app is a free smartphone app that helps you quit smoking with tailored tips, inspiration, and challenges. This app is available for download on AppStore or Google Play.

**Smokefree.gov:** [www.smokefree.gov](http://www.smokefree.gov) Smokefree.gov is an initiative from the National Cancer Institute to help you or someone you care about quit smoking. On this site you’ll find support, tips, tools, and expert advice.

**SmokefreeTXT** (Text support program): <https://smokefree.gov/smokefreetxt>

SmokefreeTXT is for adults who want to quit smoking. The text messages provide tips, advice, and encouragement to help you overcome challenges and stay motivated.

**Asian Smokers Quitline:** offers free telephone counseling, self-help materials, and online help in four Asian languages (Cantonese, Mandarin, Korean and Vietnamese). Chinese: 1-800-838-8917, Korean: 1-800-556-5564, Vietnamese: 1-800-778-8440,

[www.asiansmokersquitline.org](http://www.asiansmokersquitline.org)