

NICOTINE CESSATION RESOURCE GUIDE

QUITTING IS POSSIBLE

1

LEARN MORE

Search the web for effective cessation programs. Look below and find what works best for you.

2

PLAN TO QUIT

Make a quit plan, download apps, utilize call or text lines, and create a nicotine-free space.

3

QUIT & STAY QUIT

Reach your quit plan date, manage cravings, and stay quit. Commit to the reasons you plan to quit in the first place.



Text & Call

SmokefreeTXT

QUIT to 47848

Arizona Smoker's Helpline

1-800-55-66-222

National Cancer Institute

1-877-448-7848

PRACTICE QUIT

Perhaps you want to get comfortable with quitting, first. Try this program for 1-5 days and see how you feel before committing!

Text GO to 47848



Free Apps

quitSTART



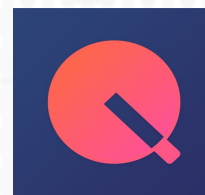
quitGUIDE



Quit Vaping



LIVESTRONG
MyQuit Coach



Websites

[American Lung Association](#)

[American Cancer Society](#)

[Smokefree.gov](#)

BECOME AN EX

A free online resource with access to a customizable quit plan, text messages, support tools, expert advice, and access to a supportive and active "EX" community of real tobacco users who have quit.



Videos

[American Cancer Society - 3 Steps to Quitting](#)

[Mayo Clinic - 7 Ways to Get Past Nicotine Cravings](#)

[The Mindfulness Project - Smoking Cessation Meditation](#)

928-679-7264

COCONINO
COUNTY ARIZONA
Health & Human Services