

Tobacco Cessation Resource List

You CAN Quit Smoking

NHOH Resources for Tobacco Cessation Health Promotion Department: 257-9892

Washington's Tobacco Quit Line

Professional cessation specialists provide free one-to-one counseling and customized quitting plans over the phone, and are available 24 hours a day, 7 days a week. Specialists identify local resources and answer questions about the benefits of tobacco cessation. For smokers as well as for people who chew tobacco.

English: 1-800-QUIT_NOW or 1-800-784-8669
Spanish: 1-877-2NO-FUME or 1-877-266-3863
TTY Number: 1-877-777-6534

TRICARE Quit Line

All non-Medicare eligible TRICARE beneficiaries within the U.S. can get assistance with going “smoke-free” by calling the toll-free quit line 24 hours a day, 7 days a week, including weekends and holidays. Call 1-888-713-4597 to get started on your cessation plan.

On-line Resources:

Quit Tobacco. Make Everyone Proud.

www.ucanquit2.org

Ucanquit2 offers an interactive, web-based tobacco cessation program for military personnel and their family members. Live, real-time encouragement from trained tobacco cessation coaches via the 24/7 “chat” feature.

American Lung Association

www.lungusa.org

Freedom From Smoking® Online

www.ffsonline.org

Washington Department of Health

www.quitline.com

Smokefree Women

www.women.smokefree.gov

National Alliance for Tobacco Cessation

www.becomeanex.org

Healthways

www.quitnet.com

Smartphone Apps

NCI QuitPal's features: Set a quit date and financial goals, track smoking habits and money saved, receive health milestones and tips to stay motivated, and access NCI's Cancer Information Service by toll-free phone line or live chat. More info at <http://smokefree.gov/apps/nciQuitPal/default.aspx>

Quit Tobacco: Free, 24/7 text messaging program that provides support leading up to your quit date, during your worst cravings and after you've quit smoking for good. More information is available at <http://www.ucanquit2.org/smokefreemil/> or you can sign up by texting MIL to 47848

Local Classes

Whidbey General Hospital offers free evening classes, 4 sessions. A prescription for free nicotine patches is provided upon completion of the classes. Call 360/678-7656 ext. 2130 for details.