

Tobacco Cessation Resource List

A banner with a light blue background and a white border. The text "You CAN Quit Smoking" is written in a blue, sans-serif font. To the right of the text is a stylized graphic of a cigarette with a wavy line representing smoke.

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

Available to TRICARE beneficiaries within the U.S., assistance going “smoke-free” with our hotline 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:

QuitGuide: A free app to track cravings, moods, slips, and smoke free progress to help you understand your smoking patterns and build the skills needed to successfully become and stay smoke free. More info at <http://smokefree.gov/apps-quitguide>

Quit Tobacco. Ready2Quit: <http://www.ucanquit2.org/Ready2Quit> Declare your reasons for quitting, understand how tobacco is affecting your life and learn how much you'll save when you quit and decide how you'll quit.

Smart Quit: Create a plan that defines what really matters to you; learn new ways to think about urges to smoke without acting on them, delivered completely over your smartphone. Available to Washington residents at <http://www.doh.wa.gov/YouandYourFamily/Tobacco/SmartQuit>