## Thinking about quitting smoking

There is help.

## Cambridge Health Alliance Tobacco Treatment Program

- Six session group at no cost to CHA patients
- Learn about tobacco addiction and best strategies to quit
- Gain confidence breaking life-long habits and creating smoke-free goals
- · Learn about medicines to help you quit

For information about groups and other resources:



English, Portuguese, Spanish or Haitian Creole

## Massachusetts Smokers' Helpline



- Free, personalized telephone counseling
- Interactive website
- Learn more about

tobacco addiction and how to quit

Work on a quit plan right for you

Call 1-800-QUIT-NOW

(1-800-784-8669)

English or Spanish Interpreters available for other languages

For TTY: 1-800-TDD-1477 (833-1477)

www.makesmokinghistory.org

## OTHER RESOURCES ON QUITTING TOBACCO USE:

- <u>www.challiance.org</u> Local resources and information to help you quit Click on "Tobacco Treatment" under the "Community" tab
- <a href="www.becomeanex.org">www.becomeanex.org</a> An online interactive resource and program to help you relearn life without cigarettes
- www.quitnet.com A free online smoking cessation support group
- <u>www.cancer.gov</u> The National Cancer Institute's LiveHelp to quit smoking Click on "Questions about Cancer" (top right) and then on "LiveHelp"
- <u>www.smokefree.gov</u>, <u>www.women.smokefree.gov</u>, <u>www.teen.smokefree.gov</u> Access free online, text messaging, and mobile ap support for quitting
- Get a Tip Line (1.800.9.GETATIP or 1-800-943-8284) Recorded message in English, updated daily, on staying quit. Available 24 hours.
- www.quitsmokeless.org and www.killthecan.org
  Resources on dip, smokeless, and chewing tobacco

