

## Cambridge Health Alliance Tobacco Treatment Program

- Six session group for 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:

**Call 617-591-6922**

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](http://www.makesmokinghistory.org)

## OTHER RESOURCES ON QUITTING TOBACCO USE:

- [www.challiance.org](http://www.challiance.org) - Local resources and information to help you quit  
*Click on "Tobacco Treatment" under the "Community" tab*
- [www.becomeanex.org](http://www.becomeanex.org) - An online interactive resource and program to help you relearn life without cigarettes
- [www.quitnet.com](http://www.quitnet.com) - A free online smoking cessation support group
- [www.cancer.gov](http://www.cancer.gov) - The National Cancer Institute's LiveHelp to quit smoking  
*Click on "Questions about Cancer" (top right) and then on "LiveHelp"*
- [www.smokefree.gov](http://www.smokefree.gov), [www.women.smokefree.gov](http://www.women.smokefree.gov), [www.teen.smokefree.gov](http://www.teen.smokefree.gov)  
Access free online, text messaging, and mobile app 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](http://www.quitsmokeless.org) and [www.killthecan.org](http://www.killthecan.org)  
Resources on dip, smokeless, and chewing tobacco

