

Michigan and National Quit Tobacco Resources *(Updated 04/2018)*

American Cancer Society offers quit tobacco resources. 1-248-663-3454 or 1-800-227-2345. www.cancer.org

American Heart Association offers printed material. 1-800-242-8721, www.americanheart.org

American Indian Commercial Tobacco Quitline offered in partnership with the Michigan Tobacco Quitline. American Indian coaches provide services that have been developed by and for American Indians. 1-855-372-0037, <http://keepitsacred.itcmti.org/quitline/>

American Legacy Foundation offers online assistance and referrals to community programs. www.becomeanex.org/

American Lung Association offers quit smoking classes, printed material, quit tobacco website. 1-800-586-4872. Also offers telephone quit advice. 1-800-548-8252. www.lungusa.org

Asian Smokers Quitline offer free telephone counseling, self-help materials, and online help in four Asian languages (Cantonese, Mandarin, Korean and Vietnamese). Chinese: 1-800-838-8917, Korean: 1-800-556-5564, Vietnamese: 1-800-778-8440, www.asiansmokersquitline.org/.

Centers for Disease Control and Prevention has several free quit tobacco guides, booklets and fact sheets.

www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm offers a complete website dedicated to helping tobacco users quit.

www.smokefree.gov has special sections for veterans, teens, women, Spanish, and people 60+.

Smartphone apps are available at <https://smokefree.gov/smokefreetxt> and www.smokefree.gov/tool-tips/apps.

Michigan Department of Community Health Tobacco Section website offers information on secondhand smoke, quitting and much more. www.michigan.gov/tobacco.

Michigan Tobacco Quitline offers free information, tobacco treatment referral, online program, text-messaging. 24 hours/day at 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569). Free counseling and NRT may be available to certain callers. Special programs for prenatal and youth tobacco users. Counseling is also offered in Arabic.

<https://michigan.quitlogix.org/> (English) or <https://michigan.quitlogix.org/es-ES/> (Español)

National Cancer Institute offers telephone advice at 1-877-448-7848, M-F, 9 a.m. - 9 p.m. and a quit kit at www.cancer.gov/cancertopics/tobacco/smoking. Online counselors are available M-F, 9 a.m. - 9 p.m. ET at www.cancer.gov/help.

Nicotine Anonymous offers face-to-face, telephone and online meetings. You do not need to be tobacco free to attend. 1-877-879-6422, www.nicotine-anonymous.org

QuitNet offers an online quit smoking program including support from a network of former tobacco users. www.quitnet.com

U.S. Department of Health and Human Services displays tobacco related “frequently asked questions,” how to cope with challenges when quitting, information on free text messaging and smokefree apps, and much more. <http://betobaccofree.hhs.gov/>