

## **TOBACCO-FREE RESOURCES**

The following is a list of resources, in addition to those provided last week, for employees seeking assistance in quitting their use of tobacco products;

**American Cancer Society** 1-800-ACS-2345 (1-800-227-2345) or [www.cancer.org](http://www.cancer.org)

**American Heart Association** 1-800-242-8721 or [www.amhrt.org](http://www.amhrt.org)

### **American Lung Association Helpline**

The American Lung Association Helpline is a free telephone service that provides information about smoking cessation and other lung related issues. Call 1-800-LUNG-USA (1-800-586-4872) five days a week from 7am to 9pm. The American Lung Association offers **Freedom From Smoking® Online**, a free, 8-week module program for smoking cessation that is available 24/7. The website is [www.ffsonline.org](http://www.ffsonline.org). Online message boards are available within the site to provide support to those completing the program. This program currently has over 300,000 participants worldwide.

### **Centers for Disease Control and Prevention, Office of Smoking and Health**

The CDC offers a free quit program which includes educational materials and coaching. Call 1-900-784-8669 for more information.

### **Connecticut Quitline**

Connecticut Quitline is a free smoking cessation telephone service that provides information and counseling. Call 1-866-END-HABIT (1-866-363-4224) Monday-Sunday, 8am-12midnight. Written materials are available, as well as up to five telephone counseling sessions and a Quit Kit containing informational and supportive materials.

### **EX**

The free EX quit smoking plan is a new way to think about quitting smoking – it's about relearning life without cigarettes. It's based on personal experiences from ex-smokers, as well as the latest scientific research from the experts at Mayo Clinic. Go to [www.becomeanex.org](http://www.becomeanex.org).

### **National Cancer Institute**

The National Cancer Institute offers telephone counselors and live on-line chats to support those who are looking to quit their use of tobacco. Call 1-800-4-CANCER (1-800-422-6237).

## **Nicotine Anonymous**

A non-profit 12 Step fellowship of men and women helping each other live nicotine-free lives. [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

## **Smokefree.gov**

This resource offers live instant messaging, phone counseling and on-line materials and guides. Visit their website at [www.smokefree.gov](http://www.smokefree.gov), or call 1-800-QUITNOW (1-800-784-8669).