



# Need Help Quitting?

*Quitting tobacco and nicotine can be a difficult journey, but you don't have to do it alone. Learn about FREE programs that can help you along the way.*

## The American Cancer Society – Great American Smokeout®

While the Great American Smokeout® event is held the third Tuesday in November and can be a great place to kick off your tobacco-free journey, The American Cancer Society provides resources year-round. Specifically, their Empowered to Quit Program provides tailored emails to guide you pick a date to quit smoking and stick to it. 800-227-2345

## National Cancer Institute – [smokefree.gov](http://smokefree.gov)

Provides support and advice from experienced cessation counselors, a personalized quit plan, smoke-free texting programs, live online chat, and cessation materials in English and Spanish. Check out the QuitGuide app, which helps you quit and offers support in the days and weeks after quitting, and the quitSTART app, which uses information you provide about your smoking history in order to help you become smoke-free. 877-44U-QUIT (887-448-7848)

## This is Quitting

This free and anonymous texting campaign is targeted toward helping teens and young adults quit vaping. Text DITCHVAPE to 88709 to sign up for four weeks of skill-based, supportive messages.

## Nicotine Anonymous

Provides a 12-Step fellowship program offering group support for anyone who would like to cease using tobacco and nicotine products. Find in-person, telephone, or online meetings by visiting the website and selecting “Find Meeting.” 877-879-6422



## TOBACCO & NICOTINE FACTS

As of 2020, roughly 31 million adults in the U.S. smoked cigarettes. Cigarette smoking is the No. 1 leading cause of preventable death, disease, and disability in the United States, responsible for roughly half a million deaths every year. It can cause cancer throughout the body and increase the risk of heart disease, stroke, blood pressure problems, and many other health conditions.

E-cigarettes are not an approved quitting method for cigarettes. The aerosol in these devices contains nicotine, heavy metals, and cancer-causing agents.

(Source: Centers for Disease Control)