



# Choose the help that works for you

## Smokefree.gov tools can help you or someone you care about quit smoking



The Smokefree.gov website has information you need on the best ways to quit smoking and the tools to make it happen. You can build a quit plan, read articles, take quizzes, and get quick links to other resources



The SmokefreeTXT text message program provides daily encouragement, advice, and tips to quit smoking successfully. It will send you texts for 6 to 8 weeks, depending on when you set your quit date



QuitGuide is a free smartphone app that teaches you the steps to quit and the skills you need to become and stay Smokefree. You can tag the times and places that make it hard for you to stay Smokefree, and the app will give you extra support when you need it most. You can also track your Smokefree progress, cravings, triggers, and smoking slips

There is no one-size-fits-all approach to quitting. These resources will help you during your quit journey by providing tools that work for you. After all, when it comes to quitting smoking, **it doesn't matter where you start. Just start.**

Get more information at [www.Smokefree.gov/QuitWithUs](http://www.Smokefree.gov/QuitWithUs)

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The Smokefree.gov and [espanol.smokefree.gov](https://espanol.smokefree.gov) websites have information you need on the best ways to quit smoking and the tools to make it happen. You can build a quit plan, read articles, take quizzes, and get quick links to other resources.



The SmokefreeTXT and SmokefreeTXT en Español text message programs provide daily encouragement, advice, and tips to quit smoking successfully. It will send you texts for 6 to 8 weeks, depending on when you set your quit date.



QuitGuide is a free smartphone app that teaches you the steps to quit and the skills you need to become and stay Smokefree. You can tag the times and places that make it hard for you to stay Smokefree, and the app will give you extra support when you need it most. You can also track your Smokefree progress, cravings, triggers, and smoking slips. This app is only available in English.

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The Women.smokefree.gov website has the information you need on the best ways to quit and the tools to make it happen



The SmokefreeMOM text message program provides daily encouragement, advice, and tips to quit successfully



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