

Help your patients choose the smoking cessation tools that best fit their needs

Created by the Tobacco Control Research Branch of the National Cancer Institute, these evidence-based tools can help your patient build a personalized quit experience:



The Smokefree.gov website is intended to help your patient or someone they care about quit smoking. The information and professional assistance available on the website can help your patients build an effective quit plan as they work to become—and remain—a non-smoker.

Visitors have immediate access to the following resources:

- A wide range of topics related to smoking cessation including health effects, nicotine withdrawal, behavioral cessation techniques, pharmacotherapy, mood and stress management, and making additional healthy lifestyle changes such as improving diet and physical activity
- Interactive cessation support tools including Build a Quit Plan and personalized quizzes
- LiveHelp, the National Cancer Institute's instant messaging service:
 - Available in English and Spanish
 - Available Monday - Friday, 8 a.m. – 11 p.m. ET
 - https://livehelp.cancer.gov/app/chat/chat_launch
- National Cancer Institute's telephone quitline, 1-877-44U-QUIT:
 - Available in English and Spanish
 - Available Monday - Friday, 8 a.m. – 11 p.m. ET
- Local and state telephone quitlines, 1-800-QUIT-NOW:
 - Hours of operation and services vary from state to state

For more information about the website's contents or technical features, email

NCISmokeFreeTeam@mail.nih.gov.



SmokefreeTXT is a mobile text messaging service that provides adults and young adults with a behavioral smoking cessation intervention. Based on the user's chosen quit date, the smoker receives 1-5 text messages per day across 6-8 weeks. The messages are designed to increase motivation and build cessation skills.

There are 2 ways for your patient to sign up:

1. By phone – text the word QUIT to 47848
2. Online – visit the “Quit With Us” link below and click “sign up now” under SmokefreeTXT

If your patient is pregnant, you can direct them to SmokefreeMOM, a mobile text messaging program specifically for pregnant women – visit [women.smokefree.gov/smokefreemom](https://www.smokefree.gov/smokefreemom) for more information.

SmokefreeTXT is also available to Spanish speakers – visit espanol.smokefree.gov/smokefreetxt-espanol for more information.



QuitGuide is a free, interactive smartphone app that will help your patients develop a quit plan and build the skills they need to become and stay Smokefree. The app also pushes extra support and craving management messages based on user-identified high-risk times and locations. Users can also track their progress, cravings, triggers, and smoking slips. QuitGuide is available for download on the iOS App Store and on Google Play.

Get more information at

www.Smokefree.gov/QuitWithUs.

smokefree.gov



facebook.com/smokefreeus



espanol.smokefree.gov



facebook.com/smokefreewomen



instagram.com/smokefreeus