



Smoking Cessation Resources

American Heart Association Scientific Statements:

[Active and Passive Tobacco Exposure: A Serious Pediatric Health Problem](#)

[Cigarette Smoking CVD and Stroke](#)

**Centers for Disease Control: Office on Smoking and Health
National Center for Chronic Disease Prevention and Health Promotion**

Phone: 1-800-232-1311

Internet: www.cdc.gov/tobacco

Cancer Information Center

Phone: 1-800-4-CANCER or 1-800-422-6237

Internet: www.nci.gov

[Tobacco and Cancer](#)

Office of the Surgeon General

www.surgeongeneral.gov

[Tobacco Use, Prevention, & Cessation](#)

Internet: www.Tobacco21.org

Additional Resources: free materials, guidelines, news releases, smoking cessation help/ideas/resources/counseling and reports:

Phone: 1-877-TRY-NICA (1-877-879-6422)

Internet: www.nicotine-anonymous.org

Agency for Healthcare Research and Quality

www.ahrq.gov

Become an Ex®, customized quit plans, including text messaging

www.becomeanex.org

www.tobaccofreekids.org

Foundation for a Smoke-free America

www.tobaccofree.org

FTMC Smoking Cessation Program: 5-week online program as well as “fell off the wagon” support

<http://www.fisher-titus.com/stopsmoking/>

Stanford Medicine Tobacco Prevention Toolkit, targets middle and high school students

www.med.stanford.edu/tobaccopreventiontoolkit.html

Truth Initiative, including e-cig quit program

www.truthinitiative.org or www.TheTruth.com

www.trytostop.org

www.smokefree.gov

www.tobwis.org