

Getting Support as You Quit

There are several support options available to you.
Plan to use several options during the process.
Keep them available in case you need them.



Quitlines:

- Call a counselor at 1-800-QUIT-NOW (1-800-784-8669)
- The National Cancer Institute Quitline 1-877-44U-QUIT (1-877-448-7848)



People:

- Friends and family
- Support groups



LiveHelp Chat:

- https://livehelp.cancer.gov/app/chat/chat_launch/



Applications:

- quitSTART app
- QuitGuide app



Text message program:

- You can sign up for SmokefreeTXT