



TOBACCO CESSATION Off Campus Resources

nysmokefree.com

The New York State Smokers' Quitline 1-866-NY-QUITS (1-866-697-8487) is a free and confidential service that provides effective stop smoking services to New Yorkers who want to stop smoking. The Quitline offers access to trained specialists through telephone coaching, a starter kit of FREE Nicotine Replacement Therapies (NRT) for eligible smokers and online community for support/advice.

[Vermont Quit Network](#)

Vermont Quit Network 1-800-QUIT-NOW is a leading resource to help Vermonters quit smoking. This program offers in person, phone and online advice, tips, and access to counseling to help you succeed, as well as nicotine replacement patches, gums, and lozenges shipped directly to your home. The Vermont Department of Health provides free access to the Quit Network for all Vermont residents.

smokefree.gov

Established by the **National Cancer Institute**, this site offers free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking. The website provides information on reasons to quit, how to prepare to quit, managing cravings, determining your "triggers", information about various smoking cessation aids and access to trained experts who can assist you through process. This site also offers telephone counseling in both English and Spanish.

[Freedom from Smoking® Online Program](#)

Evidenced based on-line program from the **American Lung Association** consisting of eight self-paced modules, each containing four lessons, and an interactive message board to assist you in quitting tobacco.

[Become an Ex](#)

The EX plan teaches you how to live life without cigarettes in 3 steps — all geared to help make the seemingly impossible possible.

[My Last Dip](#)

A free web-based intervention that is designed to help chewing tobacco users aged 14 to 25 quit. The program was developed by researchers with over 30 years' experience in smokeless tobacco research.

[Kill the Can](#)

This website offers free resources and tools to help dip, snuff, and chewing tobacco users quit. Along with useful information, it offers a support forum and a live quit chat room.

[QuitBuddy](#)

A simple SMS tool offered by The American Cancer Society to help smokers stay motivated and informed as they quit smoking. Smokers trying to quit are encouraged to text QUIT or BUDDY to 22723 whenever they feel the urge to light up. QUIT will send back helpful information about the benefits of smoking cessation and links to mobile Web pages with additional resources. BUDDY sends back funny messages of encouragement and support to help ward off a bad craving.

[QuitPal App](#)

This free interactive app developed by the National Cancer Institute provides tools to help those who want to be smoke-free using the latest evidence-based smoking cessation methods and behavior change theory.

[Smokefree QuitGuide App](#)

The QuitGuide is a free app developed by MMG, Inc., for the Tobacco Control Research Branch of the National Cancer Institute (NCI). Written by tobacco control professionals and cessation counselors, with the help of ex-smokers and experts, this app is designed to help you prepare to quit smoking and support you in the days and weeks after you quit.

[UbiQUITous Facebook App](#)

This new app leverages the power of a smoker's social network to help them quit smoking by posting their daily quit progress to their Facebook timeline, and directly notifying supporters on big quit milestones. This way, friends and family immediately know when to send a quitter 'congratulations!' and words of support. UbiQUITous also provides tailored information on quitting, integrated social support, and proactive contact to users. Users will receive awards for reaching quit milestones, and have access to tracking mechanisms that show how much money they save by quitting and their continuous quitting progress.

