

Smoking Cessation Resources

It is highly recommended individuals enroll in a smoking cessation program rather than rely on just the use of smoking cessation products or medications. A variety of resources are available for those who want to quit smoking including online smoking cessation programs and telephone QuitLines. Online smoking cessation programs are offered by health insurance companies, the American Cancer Society, the National Cancer Institute, and others. Telephone QuitLines are offered by Texas Department of State Health Services (**1-877-YES-QUIT**) and the National Cancer Institute (**1-800-QUIT-NOW**). These free resources coupled with support from friends and family, and medication when appropriate, can significantly increase the chances of your successfully quitting.

For more information about smoking cessation resources, explore the resources listed below.

[Smokefree.gov](https://www.smokefree.gov) provides online self-help resources and a step-by-step cessation guide, information on local, state, and national telephone QuitLines, an instant messaging service, and numerous publications that may be downloaded, printed, or ordered for your convenience. **1-800-QUITNOW**. (1.800.784.8669).

[Texas QuitLine](https://www.yesquit.org) call **877-YES-QUIT** or visit www.yesquit.org Texas Department of State Health Services offers programs to support quitting smoking [via phone or online](#). See also resource [Information on quitting e-cigarettes and vaping](#)

[Reasons Why You Should Consider Quitting Smoking](#) article by verywellmind.com
Explore a collection of online resources and advice on how to quit smoking for good, whether you're looking for yourself or want to help someone else achieve their goal.

[American Lung Association-Quit Smoking](#) American Lung Association site offers information on lung health, how to quit smoking, and the Lung HelpLine: 1-800-LUNG-USA (1-800-586-4872)

[American Cancer Society](#) Free tips and tools for how to quit using tobacco and smokeless tobacco

[CDC: How to Quit Smoking](#) Office on Smoking and Health and Centers for Disease Control and Prevention site for cessation Materials for Tobacco Control Programs and tips from former smokers

[FDA approved and FDA cleared cessation products](#) Learn more from the Food and Drug Administration on cessation products which can help people interested in quitting smoking. Always consult with a medical professional to determine if a product is right for you.

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