

TOBACCO AND SMOKING CESSATION RESOURCES

Read about quitting to better prepare yourself

- <https://www.quit.com/>
- <https://smokefree.gov/>
- <http://www.cognitivequitting.com/>
- <https://www.doh.wa.gov/YouandYourFamily/Tobacco/HowtoQuit>
- <https://www.lung.org/stop-smoking/join-freedom-from-smoking/>
- Call 1-800-QUIT-NOW to have a Quit Guide and other printed materials sent to you for free

Schedule a visit with your primary care provider (PCP)

- Schedule a visit to discuss available treatment options such as CHANTIX or Zyban, prescription medications to help you stop smoking.

Try nicotine replacement therapy (NRT)*

- Nicotine replacement products like gum, patches, and lozenges are sold over-the-counter and gradually deliver nicotine to your body to help reduce cravings and withdrawal symptoms. Over time, you decrease the dosage of nicotine until you are nicotine-free.
- NRT products are available at the Prescription Pad Pharmacy. Valley's pharmacists also have information about the product choices and use.
- *Please note that while NRT can help with quitting, you must be off of ALL nicotine replacement products a MINIMUM of 6 weeks prior to total joint replacement or spine fusion surgeries.

Download a free app on your phone

- **QuitGuide:** helps you understand your smoking patterns and build the skills needed to become and stay smoke-free. Use the app to track your cravings and get motivational messages (available for download at the Apple Store or Google Play).
- **quitSTART:** helps you quit smoking with tailored tips, inspiration, and challenges (available for download at the Apple Store or Google Play)
- **2Morrow Health:** Washington State offers residents free access to a unique cessation program delivered via a smartphone app. Sign up at <https://doh.wa.gov/quit> and complete a short anonymous survey to gain free access.
- **SmokefreeTXT:** receive text messages with tips, advice, and encouragement to help you overcome challenges and stay motivated to quit. The program lasts 6-8 weeks, depending on your quit date. You will receive 3-5 messages per day. Text START to 47848 to sign up.

Join an online community

- <https://www.becomeanex.org/>
- <http://www.quitnet.com/>

Washington Tobacco Quit Line

- Washington Tobacco Quit Line is a free smoking cessation program offered by WA state. It offers smoking cessation materials and a "Quit Coach" that you may call as much and as often as you like for individualized coaching sessions. The Quit Coach also provides information about behavior modification techniques and nicotine replacement therapy.
- All WA residents are eligible for some amount of telephone counseling, which typically consists of a registration call, a counseling call to help set up your quit plan, and follow-up calls to help you along the way.
- English 877-QUIT-NOW (1-800-784-8669)
- Spanish 877-DEJELO-YA (1-855-335-3569)
- Hearing Impaired 877-777-6534
- Veterans who receive healthcare through the VA can call 1-855-QUIT-VET (1-855-784-8838) Mon - Fri, from 5:00am to 7:00pm.
- The American Lung Association also offers telephone counseling. Call 1-800-LUNGUSA for telephone counseling from an expert over the course of your journey to quit smoking.

Attend a group meeting for support

- Nicotine Anonymous: Nicotine Anonymous© ("NicA") is a fellowship of men and women helping each other to be free from addiction by sharing experiences, strengths and hopes. The only requirement for membership is a desire to stop using nicotine. There are no dues or fees for membership.
- <https://nicotine-anonymous.org/face-to-face-meetings.html>
- There are internet meetings which can be accessed using your computer, tablet, or smartphone, as well as phone meetings 1-877-TRY-NICA (1-877-879-6422).