

Resources for Smokers Who Want To Quit and for People Who Want To Help

Centers for Disease Control and Prevention:

Smokefree.gov - <http://www.smokefree.gov/>

How to Quit, Useful Resources to Quit Smoking - <http://www.cdc.gov/tobacco/how2quit.htm>

I Quit: What To Do When You're Sick of Smoking, Chewing or Dipping -
http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/iquit/index.htm

National Cancer Institute:

Smokefree.gov - <http://www.smokefree.gov/>

Smoker's Risk Website - <http://smokefree.gov/smokersrisk/>

Quitting Smoking: Why To Quit and How To Get Help -

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/cessation>

Guia para Dejar de Fumar (Spanish-language guide to quitting smoking)

http://dccps.nci.nih.gov/TCRB/No_FumarC.pdf



Call from anywhere: 1-877-44U-QUIT (1-877-448-7848) Smoking cessation counselors from the National Cancer Institute are available to answer smoking-related questions in English or Spanish, Monday through Friday, 9:00 a.m. to 4:30 p.m. local time.

Agency for Healthcare Research and Quality:

Help for Smokers and Other Tobacco Users <http://www.ahrq.gov/consumer/tobacco/lowlit.htm>

Ayuda para fumadores u otros consumidores de tabaco (Spanish-language) -

<http://www.ahrq.gov/consumer/tobacco/helpsmokerssp.htm>

Quit Smoking: Consumer Interactive Tool - <http://pda.ahrq.gov/consumer/qscit/qscit.htm>

Helping Pregnant Smokers Quit - <http://www.ahrq.gov/clinic/tobacco/prenatal.htm>

National Women's Health Information Center:

Independence from Smoking: A Breath of Fresh Air! - <http://www.4woman.gov/quitsmoking/>



U.S. Surgeon General:

Tobacco Cessation Guideline - <http://www.surgeongeneral.gov/tobacco/default.htm>

Local Resources

Sentara Healthcare

http://www.sentara.com/HealthInfo/CommunityHealth/Pages/get_off_butt_smoking_cessation.aspx

Other Local Resources

<http://www.smokefreevirginia.org/>

1-800-QUITNOW (1-800-784-8669 / TTY 1-800-332-8615): This toll-free telephone number connects you to counseling and information about quitting smoking in your state

