TOBACCO TREATMENT RESOURCES: GUIDE FOR PROVIDERS

STATE QUITLINES

Adults: (800) QUIT-NOW or (800)-784-8669
Youth: My Life, My Quit: (855) 891-9989; www.mylifemyquit.com
Spanish speakers: (855) DÉJELO-YA o (855) 335-3569
Native American: 855-372- 0037; www.americanindian.quitlogix.org
Asian quitlines: https://www.asiansmokersquitline.org/
(800) 838-8917 (Chinese), (800) 556-5564 (Korean), (800) 778-8440 (Vietnamese)

OTHER QUITLINES

American Cancer Society Quit for Life
866-QUIT-4-LIFE (866-784-8454); 24/7
American Lung Association Lung HelpLine & Tobacco QuitLine
(800) LUNG-USA or (800) 586-4872
National Cancer Institute Smokefree.gov
NCI’s telephone quitline: (877) 44U-QUIT or (877) 448-7848; (English and Spanish)

TEXTING

• May be available as an integrated service with Quitline
  • Kansas has text2Quit
  • Smokefree.gov has tailored programs *also in Spanish
    • Ready to Quit? Text QUIT to 47848
    • Not quite ready? Text GO to 47848 to practice quitting or complete daily challenges
    • For pregnant women: Text MOM to 222888.
    • For veterans: Text VET to 47848
    • For teens: Text TEEN to 47848
    • For smokeless: Text SPIT to 333888
• Additional text messaging option through: https://www.becomeanex.org/
• For teens who vape: Text DITCHJUUL to 88709

APPS

• Smokefree.gov apps:
  • QuitSTART
  • QuitGuide
  • Quit Coach for Veterans
• National Cancer Institute: QuitPal-App

WEBSITES

• smokefree.gov - live help available; apps; texting
  • becomeanex.org—“Ex” community available; interactive tools (Truth Initiative)
  • American Lung Association
  • American Heart Association
  • American Cancer Society

PHARMACOTHERAPY GUIDES:

Mayo Clinic (includes smokeless)
Surgeon General’s Report 2020 (see page 510-514)
University of Wisconsin (Center for Tobacco Research and Intervention)
Rx for Change