

## TOBACCO TREATMENT RESOURCES: GUIDE FOR PROVIDERS

### STATE QUITLINES

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**Adults:** (800) QUIT-NOW or (800)-784-8669

**Youth:** My Life, My Quit: (855) 891-9989; [www.mylifemyquit.com](http://www.mylifemyquit.com)

**Spanish speakers:** (855) DÉJELO-YA o (855) 335-3569

**Native American:** 855-372- 0037; [www.americanindian.quitlogix.org](http://www.americanindian.quitlogix.org)

**Asian quitlines:** <https://www.asiansmokersquitline.org/>

(800) 838-8917 (Chinese), (800) 556-5564 (Korean), (800) 778-8440 (Vietnamese)

### OTHER QUITLINES

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**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

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- 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](http://smokefree.gov) - live help available; apps; texting
- [becomeanex.org](http://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](#)