

A photograph of two lit cigarettes lying on a white surface, with a pile of brown ash and tobacco debris between them. The image is framed by a large, orange, speech-bubble-like shape that points downwards towards the main title.

## TOBACCO CESSATION

If you or someone you know needs help with quitting tobacco, use any of these resources to find information on how to kick your habit today.

### **[www.smokefree.gov](http://www.smokefree.gov)**

The National Cancer Institute (NCI) created Smokefree.gov to help you or someone you care about quit smoking. Smokefree.gov is a part of the U.S. Department of Health and Human Services' efforts to reduce smoking rates in the United States, particularly among certain populations.

---

### **[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)**

The Centers for Disease Control and Prevention (CDC) is at the forefront of the nation's efforts to reduce deaths and prevent chronic diseases that result from tobacco use. The agency and its partners promote tobacco control interventions, including actions to prevent youth from starting to use tobacco, smoke-free environments, programs to help tobacco users quit, and steps to eliminate tobacco-related health disparities in different population groups.

---

### **[www.becomeanex.org](http://www.becomeanex.org)**

BecomeAnEX is a thriving community with 800,000 plus registered participants, supporting more than 1,500 tobacco users to quit together each month. Most importantly, BecomeAnEX works. Research shows that following the BecomeAnEX quit plan quadruples a tobacco user's chance of quitting.

---

### **[www.cancer.org/healthy/stay-away-from-tobacco.html](http://www.cancer.org/healthy/stay-away-from-tobacco.html)**

Quitting tobacco is not easy, but it can be done. Whether you smoke cigarettes, use smokeless tobacco, or are trying to help a friend or loved one, you'll find the information you need with the American Cancer Society.

---

### **[www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco](http://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco)**

Smoking puts you at higher risk for heart disease and stroke. By using the resources supplied by the American Heart Association, you can learn the risks and quit today.

---

### **[www.lung.org/quit-smoking](http://www.lung.org/quit-smoking)**

The American Lung Association's proven tools, tips and support can help you or your loved one end your addiction to tobacco and begin a new, smoke-free phase of your life.

---

### **Ohio Tobacco Quit Line (1-800-QUIT-NOW)**

The Ohio Tobacco Quit Line provides personal quit coaching and telephone counseling free of charge to ALL Ohioans, regardless of insurance status or income.