**SMOKING CESSATION SUPPORT PROGRAMS**

It is difficult to stop smoking if you are acting alone. You have a much better chance of quitting with a support program. Such programs are often offered by hospitals, health departments, community centers, work sites, and national organizations.

Check out the following resources to learn more about some of the smoking cessation programs available to you:

* Your health insurance plan
* Your local health department
* [Smokefree.gov](https://smokefree.gov/) by the National Cancer Institute with links to Smokefree Texting Programs, Build Your Quit Plan Tool, Smokefree Mobile Apps, and many helpful tips.
* The American Cancer Society Quitline at 800-227-2345
* The American Lung Association [www.lung.org/stop-smoking/join-freedom-from-smoking](https://www.lung.org/stop-smoking/join-freedom-from-smoking), which has online and phone advice programs
* Quitline services in all 50 states can be accessed through a toll-free national portal number provided by the National Cancer Institute at 1-800-QUIT NOW (1-800-784-8669).