

## **Tobacco Treatment Resources**

Quitting cigarettes and other tobacco products is one of the best things you can do for your health. It is hard work, but you can do it and we're here to help in a compassionate and nonjudgmental way.

### **FREE in-person coaching with someone who helps people quit**

We provide FREE personalized support and education to all Lahey Health patients at Lahey Hospital and Medical Center, Burlington, Lahey Medical Center Peabody, Peabody, Addison Gilbert Hospital, Gloucester, Lahey Outpatient Center Danvers, Danvers and The Center for Health Living, Woburn. For more information, contact us at [tobaccotreatment@lahey.org](mailto:tobaccotreatment@lahey.org) or 781-744-QUIT (7848).

### **FREE telephone coaching with someone who helps people quit**

- QuitWorks - Ask your doctor to refer you to this confidential service. Get information; help making a plan, coaching, and a free two week supply of nicotine patches.
- Massachusetts Smokers Helpline - Dial 1-800-QUIT-NOW or 1-800-8-Déjalo (Spanish). The Helpline is free and confidential. Call directly. You can get information, get help making a plan, and get coaching.

### **FREE text messaging support programs** (Message and data rates may apply.)

- SmokefreeTXT - a mobile text messaging service for adults and young adults who are trying to quit smoking. To sign up: Text the word QUIT (English) or LIBRE (Spanish) to 47848 from your mobile phone. For more info: <http://smokefree.gov/smokefreetxt> (English) or <http://espanol.smokefree.gov/smokefreetxt-espanol-sobre> (Spanish)

### **Web sites and Apps for you and people you love**

- <http://ffsonline.org> A protected web-based adaptation of the Freedom from Smoking® program.
- [www.becomeanex.org](http://www.becomeanex.org) – A free online interactive resource to help you relearn life without cigarettes (app also available)
- [www.quitnet.com](http://www.quitnet.com) - A free online smoking cessation support group
- <https://cravingtoquit.com> A three week web-based program that helps you use mindfulness techniques and other tools to help you quit. \$1/day
- <http://smokefree.gov> - It doesn't matter where you start, just start.
- MyQuit Coach—Dare to Quit Smoking App from LIVESTRONG.COM
- <http://espanol.smokefree.gov> -Mi familia, mi salud. Mi tiempo para dejar de fumar.
- <http://teen.smokefree.gov> - Want to quit but don't know how? Get a daily dose of support.
- <http://women.smokefree.gov> - Stress & mood pregnancy and motherhood support weight management healthier lifestyle tools

Many towns also have tobacco treatment services. Call your local town hall to learn more.

For most people, it takes many attempts to stay quit for good. If you've tried to quit in the past, don't give up! Keep trying—each attempt will help you reach your goal. Millions of people have quit smoking. **You can too!**