



Resources to Help You Quit Smoking Today

Quitlines

Sponsoring Organization	Program Details	Phone #	Cost
North Carolina Health Department	<ul style="list-style-type: none">• Mailed educational materials• 3-4 telephone calls from a QuitCoach in the first 3-4 months• QuitCoach ready to take your calls from 8AM to midnight every day• Nicotine patches may be free as long as supplies last	1-800-QUITNOW (1-800-784-8669)	FREE
National Cancer Institute	<ul style="list-style-type: none">• Mailed educational materials• QuitCoach ready to take your calls from 9AM to 4:30 PM Monday through Friday	1-877-44U-QUIT (1-877-448-7848)	FREE

Online Programs

Sponsoring Organization(s)	Program	Program Details	Website	Cost
American Legacy Foundation and Mayo Clinic	EX Quit Plan Program	<ul style="list-style-type: none"> • 25 educational lessons • Assignments that reinforce important messages • Help creating a personal quit plan that you can email to your doctor • Emails updating you on your progress and reminding you about future lessons 	www.smokeclinic.com	FREE
American Lung Association of North Carolina	Freedom from Smoking	<ul style="list-style-type: none"> • 28 educational lessons • Assignments that reinforce important messages • Message boards 	www.ffsonline.org	FREE
Healthways	QuitNet	<p>Basic member ship includes:</p> <ul style="list-style-type: none"> • Message boards • Chat rooms • Educational information • Personalized email support • Participation in group chats with experts • Self-assessment tools <p><i>Premium membership includes:</i></p> <ul style="list-style-type: none"> • One-on-one expert counseling • Certificates of achievement • More personalized email support and expert advice • Extensive database of frequently asked questions 	www.quitnet.com	<p>Basic Membership: FREE</p> <p><i>Premium Membership:</i> \$39.95 for the first 3 months (or \$99.95 for the first year) then \$9.95/month</p>