

Additional Resources

Ready to Quit!

Ready to Quit! is a comprehensive smoking cessation program for Northeastern University students.
http://www.northeastern.edu/uhcs/wellness/smoking_cessation.html

Massachusetts Smokers' Helpline

Smokers' Helpline is a telephone-based smoking cessation program. They offer English, Spanish and other languages, which are available by third party translators. TTY is also available for the deaf and hard-of-hearing.

1-800-QUIT-NOW (1-800-784-8669)

National Cancer Institute Smoking Quitline

The National Cancer Institute smoking quitline is a national telephone-based cessation program. Languages that are offered include English and Spanish.

1-877-44U-QUIT (1-877-448-7848)

www.cancer.gov

Smokefree.gov

Smokefree.gov is a comprehensive web-based smoking cessation program.

www.smokefree.gov

QuitPal App

QuitPal is a free app that provides support with smoking cessation.

www.smokefree.gov/apps-quitpal

QuitGuide App

QuitGuide is a free app that provides support with smoking cessation.

www.smokefree.gov/apps-quitguide

Be TobaccoFree.gov

Be TobaccoFree.gov is a web-based resource. Learn about the health effects of tobacco, smokeless tobacco, and electronic cigarettes. Learn about smoking cessation and resources that may help.

www.betobaccofree.gov

Smoking and Tobacco Use

This is a web-based resource. Learn about the health effects of smoking and tobacco use. Learn about smoking cessation and resources that may help.

www.cdc.gov/tobacco