Tobacco Cessation Resources

New York State Smokers Quitline:
www.nysmokefree.com

CDC-Smoking and Tobacco Use: How to quit:
www.cdc.gov/tobacco/quit_smoking/

American Heart Association: www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/

US Surgeon General:
www.surgeongeneral.gov/initiatives/tobacco/

American Lung Association: Freedom from Smoking:
www.ffsonline.org/

Nicotine Anonymous:
www.nicotine-anonymous.org

MedlinePlus “Quitting Smoking”:

www.smokefree.gov/

Legacy Foundation
www.becomeanex.org

Quitting smokeless tobacco resources:

National Institute of Dental and Craniofacial Research (NIDCR)
Smokeless Tobacco: A Guide for Quitting:

The National Cancer Institute (NCI)
Quitting Smokeless tobacco
http://www.cancer.gov/cancertopics/tobacco/smokeless-tobacco