

RESOURCES FOR QUITTING SMOKING, CHEWING AND VAPING

PHONE AND WEB-BASED RESOURCES

Washington State Tobacco Quitline. All Washington residents can call the Quitline and speak with a professional quit coach. Translation services available. Visit <http://www.quitline.com/> for more information.

English: 1-800-QUIT-NOW or 1-800-784-8669

Spanish: 1-855-DEJELO-YA or 1-855-335-3569

TTY Line and video relay: 1-877-777-6534 (for hearing impaired)

Health insurance. Under the Patient Protection and Affordable Care Act (ACA), insurance plans offer programs for tobacco cessation, including counseling and medication with no copayment. Call your insurance company or visit <http://www.doh.wa.gov/YouandYourFamily/Tobacco/HowtoQuit/QuitlinePhoneNumbers> for more information.

Asian-Language Quitline. Free telephone counseling services available Monday through Friday from 8am to 9pm, Pacific Time. Voicemail and recorded messages are available 24 hours a day. <http://www.asiansmokersquitline.org/>

Chinese (Cantonese/Mandarin): 1-800-838-8917

Korean: 1-800-556-5564

Vietnamese: 1-800-778-8440

2 Morrow Quit. An evidence-based smoking cessation program that can improve your odds of quitting and be used with or without nicotine replacement therapy. The full version of the Smartphone app is available free of charge to anyone who lives in Washington: <http://www.doh.wa.gov/YouandYourFamily/Tobacco/SmartQuit> or search for 2MorrowQuit app.

quitSTART App. A free app made for teens who want to quit smoking: <http://smokefree.gov/apps-quitstart>. Available on iTunes and Google Play stores.

National Cancer Institute Nationwide Quitline. Smokefree.gov provides free information and professional assistance to help support the people trying to quit smoking. Call 1-877-44U-QUIT (1-877-448-7848) or visit www.smokefree.gov.

Become an EX. Free online quit smoking program: www.becomeanex.org.

MyLastDip. Offers unique research-tested, self-help programs designed specifically to help chewing and smokeless tobacco users quit for good: www.mylastdip.com.

Quit Tobacco – Make Everyone Proud. A program to help U.S. service members and Veterans enrolled for care in the VA health care system quit tobacco. Online support is available at: <http://www.ucanquit2.org/>

VA Puget Sound Health Care System. Tobacco Cessation Class offered in Seattle on Tuesdays, 3pm-4pm. 6-week class, call Krystal Gregg, PsyD to schedule 206-277-1707.

Freedom from Smoking Online Support. Offers valuable information and assignments that you are to complete before moving on. The assignments reinforce the messages in each lesson and your commitment to quit. [Freedom from Smoking Online](http://www.freedomfromsmoking.com)

FOR TEENS and YOUNG ADULTS

VAPEFREEWA. Text VAPEFREEWA to 88709. Free text to quit service.

DOH Quit App. Support for quitting smoking and vaping. Sign up at doh.wa.gov/quit to access the app.

Smokefree Teen. A smoking cessation resource for teens created by the Tobacco Control Research Branch at the National Cancer Institute. Visit <http://teen.smokefree.gov> for information on the QuitSTART App and other resources.

Washington State Tobacco Quitline. Teens can call the Quitline anytime for phone-based support. 1-800-QUIT-NOW.

Teen Link. Every evening from 6-10pm teen volunteers are available to talk with you about any issue, big or small. 866-TEENLINK (866-833-6546) or chat online: www.866teenlink.org.

LOCAL RESOURCES

Support groups and counseling are available at the following local agencies:

- **El Centro de la Raza (Beacon Hill – Seattle).** Offers group support and individual counseling. Contact Rocio Martinez 206-973-4404.
- **Nicotine Anonymous.** Nicotine Anonymous is a non-profit 12-step fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. <https://www.nicotine-anonymous.org>.
- **Sea Mar (South Park & Burien).** Tobacco cessation counseling and follow up. Need not be a patient to participate. Services are free and available in Spanish. Call 206-762-3730.

INFORMATION FOR CLINICIANS AND OTHER PROFESSIONALS

Tobacco and Vapor Prevention Program, Public Health – Seattle & King County. Data, fact sheets and information about King County programs: www.tobaccoprevention.org.

Washington State Department of Health Tobacco Prevention and Control Program. Data and other resources: <http://www.doh.wa.gov/YouandYourFamily/Tobacco>. Free downloadable no-smoking signs, information about

Smoking Cessation Leadership Center (SCLC). SCLC aims to increase smoking cessation rates and increase the number of health professionals who help smokers quit. For general inquiries, contact (415) 476-0216 or ccheng@medicine.ucsf.edu. For toll-free technical assistance call 877-509-3786 or visit: <http://smokingcessationleadership.ucsf.edu/>.

Rx for Change. Clinician-Assisted Tobacco Cessation, designed to address an identified need to enhance the tobacco cessation education of health professionals. Visit: <http://rxforchange.ucsf.edu>.

Resources for free or low-cost educational materials:

- <http://www.bacchusnetworkstore.org/tobacco>
- <http://smokefree.gov/free-resources>
- <http://www.tobaccofreecatalog.org/>
- Downloadable signage: <http://www.smokefreewashington.com/resources/signs.php>

Voluntary Health Organizations

American Lung Association <https://www.lung.org/stop-smoking/>

American Heart Association <https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco>

MARIJUANA-SPECIFIC RESOURCES

Department of Health information on recreational and medical marijuana:

<http://www.doh.wa.gov/YouandYourFamily/Marijuana/RecreationalMarijuana>
<http://learnaboutmarijuanawa.org/factsheets/factsheets.htm>

Washington Recovery Help Line. An anonymous and confidential help line that provides crisis intervention and referral services for substance abuse, problem gambling and mental health. Available 24-hours a day. Call 866-789-1511 or visit: www.warecoveryhelpline.org.

Date Revised: 2/20/2020