

Education and Help Resources



Three Ways To Quit

Call

Call the toll-free Florida Quitline at 1-877-U-CAN-NOW (1-877-822-6669) to speak with a trained and certified Quit Coach[®] who will help you assess your addiction and help you create a personalized quit plan. You'll receive proactive coaching sessions, self-help materials and quit aids like nicotine replacement therapy (NRT) (available while supplies last).

Click

Many people prefer to quit on their own, but they're looking for a bit more help and guidance. Tobacco Free Florida has an online program called the Web Coach[®] that is proven to work for many people.

This free online program helps you create a personalized web-based quit plan that you follow at your own pace and in private. Motivational and educational e-mails will be sent to you throughout your quit plan.

For more information about the program, visit: www.quitnow.net/florida/About/

Come In

If you're looking for face-to-face help in a group setting, Tobacco Free Florida offers a free program through the [Florida Area Health Education Centers \(AHEC\) Network](#). We know, AHEC sounds like a pretty formal place, but our program is full of friendly people that spend their days (and sometimes nights) helping people quit. Most importantly, they understand what you're going through and can help you. In fact, programs like this have the highest rate of quitting.



The overall goal of the [AHEC Tobacco Cessation and Training Program](#) is to strengthen the capacity of Florida's health care system to deliver effective evidence-based tobacco use treatment, cessation, and prevention services throughout the state. The program is founded upon the Centers for Disease Control and Prevention (CDC) Best Practices for Comprehensive Tobacco Control Programs. <http://www.northfloridaahec.org/>

Local AHEC Tobacco Training and Cessation Programs are available to help you. These are six-week programs that will help you become tobacco free. Register Today for FREE. Nicotine Replacement

Therapy (NRT) patches are available at NO COST. For more information about attending any of these classes or to register, please call 1-877-252-6094.



[American Lung Association Smoking Cessation Programs](#)

The American Lung Association provides several programs that help tens of thousands of smokers quit every year. Freedom From Smoking® is considered to be the gold standard of smoking cessation programs. Quitter in You is a program to help those who have experienced multiple quit attempts. More information about these programs can be found at www.LungUSA.org.



[Freedom From Smoking® Online](#)

The American Lung Association offers Freedom From Smoking® Online (FFS Online) takes smokers through the same recommendations online and provides interaction with other smokers from across the country. FFS Online does not begin with quitting. The program takes you through several lessons first, ensuring that solid information about preparing to quit is given before Quit Day. Then, you progress through the lessons and modules until you complete the entire program. www.ffsonline.org

Lung Help Line: 1-800-LUNGUSA (1-800-548-8252)

The American Lung Association's Lung Help Line can provide extra support as you quit smoking with Freedom From Smoking® Online. Nurses, respiratory therapists, and smoking cessation counselors are all ready to help and are completely familiar with Freedom From Smoking. They can help you with your quit plan, answer questions about a quit smoking medication and direct you to resources in your area.



[Quitter in You](#)

Quitter in You is a smoking cessation campaign designed to help people quit smoking for good. Multiple quit attempts are normal and are necessary steps along the way to quitting for good. Whether it's your second quit attempt or your seventh, they are there to provide every smoker the support they need to quit successfully. www.QuitterInYou.org



[The American Cancer Society](http://www.cancer.org)

Quitting smoking is not easy. To have the best chance of quitting and staying quit, you need to know what you're up against, what your options are, and where to go for help. You'll find this information at: www.cancer.org



[The National Cancer Institute \(NCI\)](http://www.cancer.gov)

Use the Step-by-Step Quit Guide, talk to an expert, find tools to help you quit and learn about topics related to quitting. www.smokefree.gov

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

Talk with an NCI smoking cessation counselor for help quitting and answers to smoking-related questions in English or Spanish. Call toll free within the United States, Monday through Friday, 8 a.m.-8 p.m.



(Click the Live Help Button) www.cancer.gov

Get live, online assistance from the NCI's Live Help service. Live Help is confidential and does not provide medical advice. Information Specialists can answer your questions about cancer, clinical trials, and quitting smoking. 1-800-4-CANCER (1-800-422-6237)



The site covers smoking-related topics that are often important to women, such as weight management and stress, and tells how to contact experts and find other resources.

American Heart Association & American Stroke Association

Call 1-800-242-8721 (1-800-AHA-USA-1)

www.americanheart.org

Call 1-888-478-7653 (1-888-4-STROKE)

www.strokeassociation.org

Smoking is the most important preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis — the buildup of fatty substances in the arteries — which can lead to coronary heart disease, heart attack (myocardial infarction) and stroke. Controlling or reversing atherosclerosis is an important part of preventing future heart attack or stroke.

[Article: Why Quit Smoking?](#)

[Nicotine Anonymous](#)

877-TRY-NICA (877-879-6422)

Offers group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. For free information on the 12-step program, meeting schedules and locations, printed materials, or information on how to start a group in your area go to: www.nicotine-anonymous.org.

[QuitNet - www.quitnet.com](http://www.quitnet.com)

Offers free, cutting edge, effective quit-smoking services to people worldwide. Get support from both smokers who are quitting and ex-smokers. Receive simple smoking cessation tips, share experiences of Nicotine Replacement Therapy (NRT) and other quitting medications. The QuitNet community is designed to help members help each other quit smoking.

[Environmental Protection Agency \(EPA\)](#)

202-272-0167

www.epa.gov/smokefree

This site contains advice and information on how to protect children from secondhand smoke and a Smoke-free Homes and Cars pledge.
