

NATIONAL ORGANIZATIONS TO HELP YOU QUIT TOBACCO

Nicotine Anonymous

Toll-free number: 1-877-879-6422 (1-877-TRY-NICA)

Website: www.nicotine-anonymous.org

- For free information on their 12-step program, meeting schedules and locations, printed materials, or information on how to start a group in your area

QuitNet

Website: www.quitnet.com

- Offers free, cutting edge, services to people trying to quit tobacco

Centers for Disease Control and Prevention

Office on Smoking and Health

Toll-free number: 1-800-232-4636 (1-800-CDC-INFO)

Website: www.cdc.gov/tobacco

Free quit support line: 1-800-784-8669 (1-800-QUIT-NOW)

TTY: 1-800-332-8615

- Offers information on smoking and health as well as help with quitting smoking

National Cancer Institute

Toll-free number: 1-800-422-6237 (1-800-4-CANCER)

Website: www.cancer.gov

Toll-free tobacco line: 1-877-448-7848

Tobacco quit line: 1-800-784-8669 (1-800-QUIT-NOW)

Direct tobacco Website: www.smokefree.gov

- Quitting information, quit-smoking guide, and counseling are offered, as well as information on state telephone-based quit programs

American Heart Association

Toll-free number: 1-800-242-8721 (1-800-AHA-USA-1)

Website: www.americanheart.org

- Quitting tips and advice can be found at www.everydaychoices.org or by calling 1-866-399-6789

Environmental Protection Agency (EPA)

Telephone: 202-272-0167

Website: www.epa.gov/smokefree

- Has advice on how to protect children from secondhand smoke, a Smoke-free Homes Pledge, and other tobacco-related materials on the direct Web site, www.epa.gov/smokefree, or at 1-866-766-5337 (1-866-SMOKE-FREE)

American Lung Association

Toll-free number: 1-800-548-8252

Website: www.lungusa.org

- Printed quit materials are available, some in Spanish. Also offers a low cost quit smoking program "Freedom from Smoking Online" at www.ffsonline.org

[CLICK HERE TO CHECK OUT THE NEW WEBSITE PAGE FOR JOHNSTON HEALTH EMPLOYEES AT WWW.JOHNSTONHEALTH.ORG](http://www.johnstonhealth.org)