

Want to stop using tobacco?

Kentucky Resources

Phone & Website Help

Quit Now Kentucky

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

8 a.m. – 1 a.m. Eastern Time, 7 days/week.

www.QuitNowKentucky.org

Trained coaches provide help with quitting and refer to local services/classes. Pregnant women who smoke may receive payments for coaching calls.

National Cancer Institute

www.smokefree.gov

LiveHelp.cancer.gov - National Cancer Institute's LiveHelp confidential text chat feature available online M-F, 8 a.m. – 11 p.m. Eastern Time.

SmokefreeTXT – A free mobile text messaging service that provides 24/7 encouragement, advice and tips. Go to <http://smokefree.gov/smokefreetxt> for more information and to enroll.

quitSTART – A free app made for teens who want to quit smoking, but adults can use it too. This app gives you tailored tips, inspiration, and challenges to help you become smoke free and live a healthier life.

QuitGuide – A free app that tracks cravings, moods, slips, and smoke-free progress to help you understand your smoking patterns and build the skills needed to successfully become and stay smoke free.

American Lung Association

www.QuitterInYou.org

Centers for Disease Control and Prevention

www.cdc.gov/tobacco

Truth Initiative

www.becomeanex.org

U.S. Department of Defense

www.UCanQuit2.org

(for active-duty military personnel)



Stop Smoking Classes

Plan to Be Tobacco Free

A free session, lasting up to one hour, sponsored by Kentucky Cancer Program. Helps individuals prepare for a quit attempt. To learn more, www.kycancerprogram.org

Freedom From Smoking

A group clinic including eight sessions that feature a step-by-step plan for quitting smoking. Each session is designed to help smokers gain control over their behavior. The clinic format encourages participants to work on the process and problems of quitting. For more information on this American Lung Association program, call 1-800-LUNGUSA, or visit www.lung.org/stop-smoking/how-to-quit/freedom-from-smoking

Cooper/Clayton Method to Stop Smoking

A 13-week program, with weekly one-hour sessions combining group support and nicotine replacement therapy. To find a class in your area, call your local health department.



For more information, visit

www.kycancerprogram.org/kcp-west