

# Smoking Cessation Resources

## Book

Allen Carr's Easy Way to Stop Smoking by Allen Carr—recommended by a former patient who stopped smoking using this book

## Online Resources

<https://CDC.gov/quit> Access to free smartphone app with tips and inspiration, free coaching over the phone, tips for making a quit plan, links to many other resources, and more

<https://betobaccofree.hhs.gov/tools-quit-now> Free apps to help based on smoking patterns, moods, motivation, and quitting goals, as well as expert help via phone or online chat, medication resources, and coaching via text message

<https://smokefree.gov> Many different tools, tips, articles, and inspiration covering a wide range of experiences

<https://becomeanex.org> Custom plan, text support, expert advice and tips from Mayo Clinic, online community

## Phone Hotline

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

## Community Resources

<https://tccancer.org/quit-tobacco> Tri-Cities Cancer Center offers free local classes and many other resources. Check online or call at (509) 737-3427.

Insurance carriers often offer free resources to stop smoking as well. Check with your health insurance provider to explore the resources they offer.