

# CESSATION RESOURCES

Quitting isn't easy, but it can be done and it's easier with help. There are many accessible quit smoking resources available in Wisconsin. Residents who smoke can choose the one that's right for them and take the first step towards living a longer and healthier tobacco-free life.

## American Lung Association HelpLine

1-800-LUNGUSA

The American Lung Association Lung HelpLine is a full-service national respiratory health call center that provides tobacco cessation counseling to help people quit tobacco and reduce the incidence of tobacco related lung disease. The HelpLine is overseen by board certified physician specialists and staffed by certified smoking cessation counselors (Registered Nurses and Respiratory Therapists). About 75% of the 139,500 calls to the Helpline in the last year were tobacco/cessation related.

<http://www.lung.org/about-us/lung-helpline.html>

## Wisconsin Tobacco Quit Line

1-800-QUIT-NOW

Wisconsin's Tobacco Quit Line has helped more than 130,000 smokers quit smoking since 2001 by providing free, confidential coaching and helping their callers make a plan to quit for good. Research shows that callers to the Quit Line are four times more likely to quit than if they try to quit on their own. Call today at 1-800-QUIT NOW.

<http://www.ctri.wisc.edu/quitline.html>

## Freedom From Smoking

To help adult smokers quit, the American Lung Association offers Freedom From Smoking®. The program teaches the skills and techniques that have been proven to help smokers quit. Freedom From Smoking® is available as a group clinic, an online program, and a self-help book.

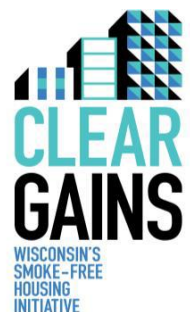
<http://www.lung.org/stop-smoking/how-to-quit/freedom-from-smoking/>

## Freedom From Smoking Online

Freedom From Smoking® Online is the American Lung Association's online smoking cessation program. There is both a free and a premium option. The online version is for adult smokers who want to quit but cannot attend a clinic. The program can be accessed 24/7 in the comfort of your own home. The activities are similar to those offered during the traditional clinic setting and participants can even chat online with others who are taking the online version.

<http://www.ffsonline.org/>

For more information on smoke-free housing visit  
[www.wismokefreehousing.com](http://www.wismokefreehousing.com)



## Striving to Quit Program

BadgerCare Plus members may be eligible for a free stop smoking program called Striving to Quit. Striving to Quit gives you 24/7 quit support and up to \$80 in gift cards. Striving to Quit is a partnership between the Wisconsin Department of Health Services, Wisconsin Medicaid, and the UW Center for Tobacco Research and Intervention. To learn more about Striving to Quit, visit the website below or call 1-800-QUIT NOW. <http://www.strivingtoquit.com>

## First Breath – Wisconsin Women’s Health Foundation

The First Breath Program provides help to improve maternal and child health in Wisconsin through perinatal tobacco cessation programming. First Breath helps women quit smoking during pregnancy by training health care providers to deliver evidence-based tobacco cessation counseling as part of existing prenatal health care.

<http://www.wwhf.org>

## WiNTiP – Wisconsin Nicotine Treatment Integration Project

WiNTiP recognizes that almost half of all cigarettes sold in the United States (44 percent) are consumed by people with mental illness and substance dependence. This program encourages and trains health care professionals to deliver evidence-based nicotine dependence treatment within all AODA and mental health care systems in Wisconsin.

<http://www.wisconsinwintip.com>

## QuitSTART

[www.teen.smokefree.gov](http://www.teen.smokefree.gov) or text “QUIT” to IQUIT(47848)

Quit smoking on your terms. Sign up to receive text messages that deliver 24/7 encouragement, advice, and tips to help you stop smoking for good.

For more information on smoke-free housing visit  
[www.wismokefreehousing.com](http://www.wismokefreehousing.com)

