

TOBACCO INTERVENTION RESOURCES

BECOMING — AND REMAINING — TOBACCO FREE

Here are a few of the many useful tools and resources available to help you or a loved one quit tobacco and remain tobacco free.

Tobacco Quitline (*national*)

1.800.QUIT.NOW

IN.gov/quitline

A free phone-based counseling service is available seven days-a-week in more than 170 languages.

Tobacco Free Allen County

tobaccofreeAC.com

American Lung Association

lungusa.org or (800) LUNG-USA

Centers for Disease Control

cdc.gov/tobacco

Chew Free

chewfree.com

Online Guide to Quitting

smokefree.gov

Tobacco Prevention and Cessation Commission

in.gov/isdh/tpc

National Cancer Institute

nci.nih.gov/cancerinfo

Quit Smoking

quitsmoking.com

Quitnet

quitnet.org

U.S. Department of Health and Human Services

hhs.gov/diseases/index.shtml#smokin

Why Quit?


whyquit.com

Freedom from Smoking Group

American Lung Association program

IPFW Athletic Center, Room 264

tillapau@ipfw.edu

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