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QUIT SMOKING RESOURCES

Tobacco use is the leading cause of preventable illness and death in the United States. It causes many different cancers as well as chronic lung diseases, such as emphysema and bronchitis, and heart disease.

What Works Best When Trying to Quit Smoking

A combination of quit smoking medications and group or individual counseling has been shown to work best for people trying to quit smoking. All of the quit smoking medications help people quit, and both the group and individual counseling helps. The quit smoking medications help lower cravings for a cigarette and help treat nicotine withdrawal. You can talk with your doctor about the quit smoking medication options, and if one medication doesn't seem to help, ask to try another. The quit smoking classes and individual counseling provide support and can help you learn ways to cope with smoking cues, triggers and the effects of withdrawal. Quitting smoking is something everyone can learn to do. Thresholds offers quit smoking classes, individual counseling and quit smoking medications to help people cut down on their smoking and quit smoking. The classes and quit smoking medications also help people stay quit. For information about quit smoking classes at Thresholds, see your support staff.

Help to Quit Smoking

Smokefree.gov

www.smokefree.gov.

Are you thinking about taking the first step to quitting cigarette smoking?

If you are there is help at www.smokefree.gov . They have a free guide to help prepare you to quit and support you in the days and weeks after you quit. It also describes problems to expect when you quit. Being prepared can help you through the hard times.

The National Cancer Institute

1-877-44U-QUIT (1-877-448-7848)

The National Cancer Institute's trained smoking cessation counselors are available to provide information and help with quitting in English or Spanish, Monday through Friday, 7:00 a.m. to 7:00 p.m.

The Illinois Tobacco Quitline

1-866-QUIT-YES (1-866-784-8937)

www.quityes.org

The Illinois Tobacco Quitline is a free resource for tobacco users who want to quit for good. Their registered nurses, respiratory therapists, and certified tobacco-treatment counselors are on call 7 days a week, 7 am. -11 pm. to answer your tobacco-related questions and provide support to break the habit.

[BeTobaccoFree.gov](http://betobaccofree.gov)

<http://betobaccofree.hhs.gov/>

The website brings together the best information the U.S. Department of Health and Human Services (HHS) has on the health effects of tobacco, quitting smoking, and more.

More Quit Smoking Websites

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

<http://www2.pmusa.com/en/quitassist/index.asp>

<http://www/quintet.com/qnhomepage.aspx>

<http://whyquit.com/>

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

http://www.cancer.org/docroot/ped/content/ped_10_13x_guide_for_quitting_smoking.asp

<http://www.thetruth.com/>

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