

## Tobacco Cessation Resources



<http://www.marquette.localhealth.net/SmokeFree.html>

You might find the following information valuable:

[The American Lung Association of Michigan's FREE Online Cessation Program](#)

iCanQuit: A FREE Quit Smoking Coaching Hotline:

**1-800-480-QUIT (7848)**

For a FREE Stop Smoking Kit, call

**1-800-537-5666!**

**MCC Tobacco Cessation Awareness Month/  
National Lung Cancer Awareness Month -**

**Michigan Providers Tobacco Cessation Tool Kit** It is our goal to support everyone who wants to quit tobacco use. The MCC would like to "partner" with other chronic disease programs that are affected by tobacco use so that we can have the greatest impact for improving the health of our citizens in the state of Michigan!

<http://www.michigancancer.org/WhatWeDo/tob-providerstoolkit.cfm>

**Smokefree.com**

Smokefree.com offers printed materials, online guide to quitting smoking, and talking to expert about quitting smoking

[.http://smokefree.gov/](http://smokefree.gov/)

**Freeclear.com**

Free & Clear is the national leader in phone-based tobacco dependence treatment. Our award-winning, evidence-based program has been tested and validated multiple times over 20 years.

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

**Committed Quitters**

Quitting smoking is one of the toughest things you'll ever do. In fact, most smokers try to quit at least several times before they finally

succeed. That's why we created Committed Quitters®.

<http://committedquitters.quit.com/>

### **Nicotine Anonymous**

Nicotine Anonymous is a Non-Profit 12 Step Fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products in any form. The Fellowship offers group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine.

<http://www.nicotine-anonymous.org/>