**Michigan and National Quit Tobacco Resources *(Updated 12/2019)***

**American Cancer Society** offers quit tobacco resources. 1-248-663-3454 or 1-800-227-2345. [www.cancer.org](http://www.cancer.org/) and <https://www.tobaccofreecampus.org/cessation-and-treatment>

**American Heart Association** offers printed material. 1-800-242-8721, [www.americanheart.org](http://www.americanheart.org)and <https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco>

**American Indian Commercial Tobacco Quitline** offered in partnership with the Michigan Tobacco Quitline. American Indian coaches provide services that have been developed by and for American Indians. 1-855-372-0037, <http://keepitsacred.itcmi.org/quitline/>

**American Lung Association** offers quit smoking classes, printed material, quit tobacco website. 1-800-586-4872. Also offers telephone quit advice. 1-800-548-8252. [www.lungusa.org](http://www.lungusa.org/), <https://www.lung.org/our-initiatives/tobacco/> and <https://www.lung.org/stop-smoking/>

**Asian Smokers Quitline** offer free telephone counseling, self-help materials, and online help in four Asian languages (Cantonese, Mandarin, Korean and Vietnamese). Chinese: 1-800-838-8917, Korean: 1-800-556-5564, Vietnamese: 1-800-778-8440, <http://www.asiansmokersquitline.org/>

**Centers for Disease Control and Prevention** has several free quit tobacco guides, booklets and fact sheets. <http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm> Offers a complete website dedicated to helping tobacco users quit. [www.smokefree.gov](http://www.smokefree.gov/) with special sections for veterans, teens, women, Spanish, and people 60+. Smartphone apps are available at [http://smokefree.gov/smokefreetxt.](http://smokefree.gov/smokefreetxt)

**Michigan Department of Health and Human Services Tobacco Section website** offers information on secondhand smoke, quitting and much more. [www.michigan.gov/tobacco.](http://www.michigan.gov/tobacco)

**Michigan Tobacco Quitline** offers free information, tobacco treatment referral, online program, text-messaging. 24 hours/day at 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569). Free counseling and NRT may be available to certain callers. Special programs for prenatal and youth tobacco users. Counseling is also offered in Arabic. <https://michigan.quitlogix.org/>

**National Cancer Institute** offers telephone advice at 1-877-448-7848, M-F, 9 am-9 pm and a quit kit at http://[www.cancer.gov/cancertopics/tobacco/smoking.](http://www.cancer.gov/cancertopics/tobacco/smoking) Online counselors are available M-F, 9 am-9 pm ET at: [www.cancer.gov/help](http://www.cancer.gov/help)

**Nicotine Anonymous** offers face-to-face, telephone and online meetings. You do not need to be tobacco free to attend. 1-877-879-6422, [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org/)

**U.S. Department of Health and Human Services** displays tobacco related “frequently asked questions,” how to cope with challenges when quitting, information on free text messaging and smokefree apps and much more. <http://betobaccofree.hhs.gov/>

**World Health Organization** <https://www.who.int/tobacco/quitting/en/>

**U.S Department of Housing and Urban Development** <https://www.hud.gov/smokefreetoolkits>

**Become an EX** Offers online programs <https://www.becomeanex.org/quitting-e-cigarettes/> and <https://www.becomeanex.org/>

**SAMHSA-HRSA Center for Integrated Health Solutions** <https://www.integration.samhsa.gov/health-wellness/wellness-strategies/tobacco-cessation-2>

**Federal Occupational Health** <https://foh.psc.gov/services/OHC/tobacco.html>

**Mayo Clinic** <https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/smoking-cessation/art-20045441>

**U.S. Department of Veterans Affairs** <https://www.prevention.va.gov/Healthy_Living/Be_Tobacco_Free.asp> and <https://veterans.smokefree.gov/>

**University of California San Francisco** <https://smokingcessationleadership.ucsf.edu/ready-quit>

**University of Michigan** <https://www.uofmhealth.org/health-library/aa153314>

**Delta Dental** quit chewing tobacco <https://www.deltadental.com/us/en/protect-my-smile/overall-health/smokeless-tobacco.html>

**Kill the Can** <https://www.killthecan.org/>