



Tobacco/Nicotine Cessation Information

Indiana Tobacco Quit Line

1-800-QUIT-NOW (1-800-784-8669)
speak with a Quit Coach for free

<https://www.QuitNowIndiana.com>

This website offers free resources to anyone who is thinking about or wanting to quit using tobacco or nicotine in any form.

It has information on the following:

- Reasons to Quit
- Quit Coach videos and Web Coach
- Text2Quit
- Quitting Aids (must qualify)
- Quit Guide

Ask your
Aspire Provider
about quitting.



myStrength

www.myStrength.com

Custom online tools to help you overcome the challenges you face.

smokefree.gov

<https://smokefree.gov/>

A website that offers free information, education, resources, etc. for anyone interested in quitting tobacco/nicotine. There are resources aimed specifically at:

- Veterans
- Adolescents
- Women
- Individuals age 60+
- Individuals who speak Spanish

American Lung Association

<https://www.lung.org/stop-smoking/>

This website offers information, education, resources, etc. about lung health and is for anyone interested in quitting tobacco/nicotine.

American Cancer Society

<https://www.cancer.org/healthy/stay-away-from-tobacco.html>

This website offers information about cancer(s) and free information, resources, and interactive tools aimed at helping individuals quit tobacco/nicotine.

