

Tobacco/Nicotine Cessation Information

Indiana Tobacco Quit Line: **1-800-QUIT-NOW** (1-800-784-8669)
More information about QuitNowIndiana.com, or speak with a Quit Coach for free.

www.myStrength.com offers custom online tools to help you overcome the challenges you face.

<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 offers information on the following:

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

<https://smokefree.gov/>

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

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

<https://www.lung.org/stop-smoking/> American Lung Association website that offers information, education, resources, etc. on lung health and for anyone interested in quitting tobacco/nicotine.

<https://www.cancer.org/healthy/stay-away-from-tobacco.html> American Cancer Society website that offers information on cancer(s) and free information, resources, and interactive tools aimed at helping individuals quit tobacco/nicotine.