

Cessation Resources

Virginia QuitNow and Text2Quit

- Free 24/7 individualized service to all callers
- Confidential coaching by telephone or online
- One on One counseling offered by trained cessation counselors
- Available 24 hours a day, 7 days a week
- Over 140 languages

Call 1-(800)-784-8669

Website: QuitNow.net/Virginia



Smokefree.gov

- Create an individualized plan to quit smoking that can be printed or imported to your phone/computer calendar
- Integrates reminders and rewards to help you succeed
- Has specific links for veterans, women, teens, 60+, and Spanish speakers

Website: Smokefree.gov



Get off Your Butt: Stay Smokeless for Life

- Created by Sentara/Optima Health
- Includes a self-paced booklet and audio program and links to many additional resources

Website: <https://www.optimahealth.com/members/health-and-wellness/prevention-and-wellness/get-off-your-butt-stay-smokeless-for-life>



American Lung Association

- Freedom from Smoking (online or group classes)
 - Individualized plan, activities and quizzes to support quitting
- Quitter's Circle
 - Cessation tool that creates an individualized plan based on a healthcare provider and family/friend involvement.
- Lung HelpLine (1-800-LUNGUSA)
 - Resources for people planning to quit and/or people who would like to help others quit and more information about the other offerings from ALA

Website: <https://www.lung.org/stop-smoking/i-want-to-quit/how-to-quit-smoking.html>



Other Helpful Links

- <http://www.ucanquit2.org> (military)
- www.becomeanex.org
- <http://www.chewfree.com>
- Cost of smoking calculator: http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuittingResources/Financial-Cost-of-Smoking-Calculator_UCM_304171_Article.jsp#.Vzlt5nmqUk

