

Free Resources for Stopping Smoking from Authoritative Sources

Here are free, evidence-based resources to help you quit smoking, provided by leading health organizations:

- CDC: How to Quit Smoking: Comprehensive quitting guides, tips, and multilingual quitline numbers, including 1-800-QUIT-NOW for free phone coaching^[1].
- Smokefree.gov: Tools, quit plans, text programs, and support tailored for adults, teens, women, veterans, and Spanish speakers^{[2] [3]}.
- National Cancer Institute: Help Quitting Fact Sheet: Science-based quitting information, publications, and the NCI Quitline at 1-877-44U-QUIT^[2].
- 1-800-QUIT-NOW: National quitline connecting you to free one-on-one coaching, local resources, and, in many states, free nicotine replacement therapy^{[4] [5] [6]}.
- American Heart Association: Quit Smoking Help: Strategies, quitline info, and links to additional support^[6].
- American Cancer Society: Stay Away from Tobacco: Guidance and support for quitting smoking and other tobacco products^{[1] [6]}.
- American Lung Association: Stop Smoking: Free resources, online support, and information about quitting^{[1] [6]}.
- Truth Initiative: BecomeAnEX: Free online quit plan and community support^{[1] [6]}.
- My Life, My Quit: Confidential quit support specifically for youth ages 12–17, including live chat and text support^[4].
- YouCanQuit2: Free quit-smoking support for military personnel and their families^[1].

These resources offer a mix of online tools, phone coaching, text programs, and, in many cases, access to free nicotine replacement therapy, all from trusted public health organizations.

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1. <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>
2. <https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/help-quitting-fact-sheet>
3. <https://smokefree.gov>
4. <https://www.mass.gov/info-details/about-1-800-quit-now>
5. https://kssmokefree.kdhe.ks.gov/quitting_help.html
6. <https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/help-i-want-to-quit-smoking>