

# BREATHE FRIENDLY

## TOBACCO CESSATION FREE RESOURCES

State/Country	Program Partners
<b>California</b>	<p>California Smoker's Helpline (1-800-NO-BUTTS)</p> <p><a href="http://www.cdph.ca.gov/programs/Tobacco/Pages/default.aspx">http://www.cdph.ca.gov/programs/Tobacco/Pages/default.aspx</a></p> <p><a href="http://www.cdph.ca.gov/services/Pages/LocalServices.aspx">http://www.cdph.ca.gov/services/Pages/LocalServices.aspx</a></p>
<b>Colorado</b>	<p><a href="https://www.coquitline.org/">https://www.coquitline.org/</a></p> <p><a href="http://www.tobaccofreeco.org/">http://www.tobaccofreeco.org/</a></p> <p><a href="http://www.tobaccofreeco.org/news-community-resources">http://www.tobaccofreeco.org/news-community-resources</a></p>
<b>Connecticut</b>	<p><a href="https://www.quitnow.net/connecticut/">https://www.quitnow.net/connecticut/</a></p> <p><a href="http://www.ct.gov/dph/cwp/view.asp?a=3137&amp;q=388060&amp;dphNav_GID=1841">http://www.ct.gov/dph/cwp/view.asp?a=3137&amp;q=388060&amp;dphNav_GID=1841</a></p> <p><a href="http://www.ct.gov/dph/lib/dph/hems/tobacco/pdf/cessation_program_listing_website_layout.pdf">http://www.ct.gov/dph/lib/dph/hems/tobacco/pdf/cessation_program_listing_website_layout.pdf</a></p> <p><a href="http://www.becomeanex.org/">http://www.becomeanex.org/</a></p>
<b>Florida</b>	<p><a href="http://www.tobaccofreeflorida.com/">http://www.tobaccofreeflorida.com/</a></p> <p><a href="http://www.ahectobacco.com/">http://www.ahectobacco.com/</a></p>
<b>Illinois</b>	<p><a href="http://www.idph.state.il.us/smokefree/sf_quit.htm">http://www.idph.state.il.us/smokefree/sf_quit.htm</a></p> <p><a href="http://quityes.org/">http://quityes.org/</a></p>
<b>Maryland</b>	<p><a href="http://mdquit.org/">http://mdquit.org/</a></p> <p><a href="http://smokingstopshere.com/">http://smokingstopshere.com/</a></p> <p><a href="http://smokingstopshere.com/fax-to-assist/">http://smokingstopshere.com/fax-to-assist/</a></p>
<b>Minnesota</b>	<p><a href="https://www.quitplan.com/">https://www.quitplan.com/</a></p> <p><a href="http://www.health.state.mn.us/divs/hpcd/tpc/quit.html">http://www.health.state.mn.us/divs/hpcd/tpc/quit.html</a></p> <p><a href="http://www.mnmed.org/Advocacy/Key-Issues/Public-Health/Tobacco/Quit-Smoking-Resources">http://www.mnmed.org/Advocacy/Key-Issues/Public-Health/Tobacco/Quit-Smoking-Resources</a></p>
<b>New Jersey</b>	<p><a href="http://www.njquitline.org/treatment.html">http://www.njquitline.org/treatment.html</a></p> <p><a href="http://www.state.nj.us/health/ctcp/smokefree/quitservices.shtml">http://www.state.nj.us/health/ctcp/smokefree/quitservices.shtml</a></p> <p><a href="http://www.njgasp.org/chronic-disease-diabetes-tobacco/tobacco-cessation-resources/">http://www.njgasp.org/chronic-disease-diabetes-tobacco/tobacco-cessation-resources/</a></p>
<b>New York</b>	<p><a href="http://www.nyc.gov/html/doh/downloads/pdf/csi/cessation-guide.pdf">http://www.nyc.gov/html/doh/downloads/pdf/csi/cessation-guide.pdf</a></p> <p><a href="http://www.nyctobaccofree.org/get-help">http://www.nyctobaccofree.org/get-help</a></p> <p><a href="http://www.nysmokefree.com/">http://www.nysmokefree.com/</a></p>
<b>Oklahoma</b>	<p><a href="https://www.quitnow.net/oklahoma/">https://www.quitnow.net/oklahoma/</a></p> <p><a href="http://www.ok.gov/stopswithme/">http://www.ok.gov/stopswithme/</a></p> <p><a href="http://www.okhelpline.com/">http://www.okhelpline.com/</a></p>

<b>Oregon</b>	<a href="https://www.quitnow.net/oregon/">https://www.quitnow.net/oregon/</a> <a href="http://smokefreeoregon.com/resources/quit/i-want-to-quit/">http://smokefreeoregon.com/resources/quit/i-want-to-quit/</a> <a href="https://public.health.oregon.gov/PreventionWellness/TobaccoPrevention/GetHelpQuitting/Pages/oregonquitline.aspx">https://public.health.oregon.gov/PreventionWellness/TobaccoPrevention/GetHelpQuitting/Pages/oregonquitline.aspx</a> <a href="http://tobaccofreeoregon.org/resources/stop_smoking">http://tobaccofreeoregon.org/resources/stop_smoking</a>
<b>Texas</b>	<a href="https://www.dshs.state.tx.us/tobacco/quityes.shtm">https://www.dshs.state.tx.us/tobacco/quityes.shtm</a> <a href="http://www.yesquit.org/">http://www.yesquit.org/</a> <a href="http://lungusa2.org/cessation2/statedetail.php?stateId=48">http://lungusa2.org/cessation2/statedetail.php?stateId=48</a>
<b>Virginia</b>	<a href="http://www.publichealth.va.gov/smoking/">http://www.publichealth.va.gov/smoking/</a> <a href="http://www.publichealth.va.gov/smoking/quit/index.asp">http://www.publichealth.va.gov/smoking/quit/index.asp</a> <a href="http://www.vdh.state.va.us/LHD/richmondcity/chronicdisease/quitnowvirginia.htm">http://www.vdh.state.va.us/LHD/richmondcity/chronicdisease/quitnowvirginia.htm</a>
<b>Wisconsin</b>	<a href="http://www.ctri.wisc.edu/quitline.html">http://www.ctri.wisc.edu/quitline.html</a> <a href="https://www.dhs.wisconsin.gov/tobacco/treatment.htm">https://www.dhs.wisconsin.gov/tobacco/treatment.htm</a> <a href="http://www.uwhealth.org/quit-smoking/smoking-cessation/13831">http://www.uwhealth.org/quit-smoking/smoking-cessation/13831</a>
<b>Nationwide - US</b>	<a href="http://smokefree.gov/">http://smokefree.gov/</a> <a href="http://smokefree.gov/smokefreetxt">http://smokefree.gov/smokefreetxt</a> <a href="http://women.smokefree.gov/">women.smokefree.gov/</a> <a href="http://women.smokefree.gov/">women.smokefree.gov/</a> <a href="http://m.cvs.com/quit-smoking/">http://m.cvs.com/quit-smoking/</a> <a href="https://quitnet.meyouhealth.com/#/">https://quitnet.meyouhealth.com/#/</a>
<b>International</b>	<a href="http://smokefree.gov/apps-quitstart">http://smokefree.gov/apps-quitstart</a> <a href="http://www.nicotine-anonymous.org/">http://www.nicotine-anonymous.org/</a> <a href="http://www.hpb.gov.sg/HOPPortal/programmes-article/2490">http://www.hpb.gov.sg/HOPPortal/programmes-article/2490</a> (Singapore) <a href="http://www.who.int/fctc/reporting/Kyrgyzstan_annex21_tobacco_action_plan2008_2015_en.pdf">http://www.who.int/fctc/reporting/Kyrgyzstan_annex21_tobacco_action_plan2008_2015_en.pdf</a> (Kyrgyzstan) <a href="http://www.filha.fi/in_english/activities/community-based-action-against-s/">http://www.filha.fi/in_english/activities/community-based-action-against-s/</a> (Krygystan) <a href="https://www.gov.uk/government/policies/reducing-smoking">https://www.gov.uk/government/policies/reducing-smoking</a> (UK) <a href="http://www.nhs.uk/smokefree">http://www.nhs.uk/smokefree</a> (UK) <a href="http://www.who.int/tobacco/training/success_stories/TfiR3hrCR.pdf">http://www.who.int/tobacco/training/success_stories/TfiR3hrCR.pdf</a> (Costa Rica) <a href="http://www.tobacco.org/tagged/costa-rica">http://www.tobacco.org/tagged/costa-rica</a> (Costa Rica) <a href="http://www.no-smoke.org/goingsmokefree.php?id=737">http://www.no-smoke.org/goingsmokefree.php?id=737</a> (LATAM) <a href="https://www.businessgrouphealth.org/pub/f3153a88-2354-d714-51a7-b0b0381d4131">https://www.businessgrouphealth.org/pub/f3153a88-2354-d714-51a7-b0b0381d4131</a> (Brazil) <a href="http://www.inca.gov.br/english/tobacco_control.html">http://www.inca.gov.br/english/tobacco_control.html</a> (Brazil)