

Tobacco-Cessation Resources For Patients

Five Tips to Become Free of Tobacco



1. **Get ready.** Set a stop date. Keep your home smoke-free. Stay away from places where people smoke.
2. **Make a plan; get support.** If you talk with a tobacco counselor when you stop, you double your chance of success. Choose from a telephone helpline (1-800-NO-BUTTS), local classes and online chat/message boards.
3. **Learn new skills.** Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or plan something fun to do every day. Stay away from triggers such as alcohol, other smokers, caffeine, and stress.
4. **Get medicine and use it correctly.** Ask your doctor about the three types of effective medications. Medications double or triple your chance of stopping for good, even if you only use them for 6-12 weeks!
5. **Be ready for difficult situations.** Feeling bad when you stop can be controlled with medicines. Feelings are the worst for 1-3 weeks after stopping. Being more physically active will help your mood, control weight and help relieve stress, cravings, and withdrawal symptoms. Try a 30-minute walk every day. More exercise, a healthy diet and medicines can help limit weight gain.

Coaching and medications together are
even more powerful to help stay off tobacco for good.

Becoming tobacco-free takes a lot of preparation, but You Can Do It!

Online Resources

Become an EX®

www.BecomeAnEX.org or www.convierteteenunex.com
Free plan to re-learn life without cigarettes. Also see MaryQuits.org

QuitNet.com

www.quitnet.com
Free & low-cost professional online support services

Tobacco Free California

www.tobaccofreeca.com has free message boards to help smokers stop

National Cancer Institute

www.cancer.gov/cancertopics/smoking
Live, online chat/text message, English & Spanish, M-F, 9 am-11 pm, Eastern Time, and other resources
1-877-44U-QUIT www.smokefree.gov

American Lung Association

www.lungusa.org for low-cost online help with Freedom From Smoking® or 1-800-458-8252 for more information

American Cancer Society

www.cancer.org online help, personalized tools, message boards; network of volunteers, supporters, and survivors

The California Smokers' Helpline can help you become free of tobacco. When you call, you can get...

- Stopping tobacco materials.
- Places near you that offer more help for stopping.
- Up to six phone sessions with a tobacco counselor.
M-F, 7 am-9 pm; Saturday, 9 am-1 pm

There are special programs for pregnant women, teens, and tobacco chewers, too. **Please tell your family and friends who use tobacco about this FREE and helpful service.**

1-800-NO-BUTTS English

1-800-45-NO-FUME Spanish

1-800-838-8917 Chinese (Mandarin and Cantonese)

1-800-778-8440 Vietnamese

1-800-556-5564 Korean

1-800-933-4TDD Hearing Impaired

1-800-844-CHEW Chewers' Helpline

Or visit www.californiasmokershelpline.org

For free or low-cost local classes or support groups call the California Smokers' Helpline. Some groups are in Spanish. Groups are also available for those with mental illnesses or recovering from substance abuse. Or go to www.californiasmokershelpline.org/CountyListings.aspx