



Guide to Services to Help You Quit Tobacco

Ready to quit? There are many ways. You're not alone!



Phone / Text



QuitlineNC: Provides free cessation services to any North Carolina resident who needs help quitting tobacco use. Quit Coaching is available in different forms (phone or web), which can be used separately or together to help any tobacco user give up tobacco.

- **Website:** www.QuitlineNC.org
- **Phone:** 1-800-QUIT-NOW (1-800-784-8669)
- **Price:** Free
- **Languages:** English and Spanish, translation services are available for other languages
- **Features:**
 - Trained Quit Coach
 - For adults and youth (no parental permission required)
 - Available 24/7
 - "Call me now" Enter your phone number online and QuitlineNC will make the first call to you
 - Web coach: Chat with a Quit Coach online 24/7

SmokeFreeTXT: A mobile service designed for young adults across the United States. SmokefreeTXT was created to provide 24/7 encouragement, advice, and tips to help smokers stop smoking for good.

- **Website:** smokefree.gov/smokefreetxt
- **Phone:** Text the word QUIT to 47848 (I QUIT) from your cell phone
- **Price:** Free
- **Languages:** English and Spanish
- **Features:**
 - Daily support
 - Extra support when you are craving a cigarette, need encouragement, or slip up
 - Available to teens 13 and older without parental permission



smokefree.gov

Online



ASPIRE (A Smoking Prevention Interactive Experience): A web-based multimedia program developed for teens. ASPIRE uses animation, video, and interactive activities to communicate facts about smoking and tobacco use, as well as, offer skills to adopt a tobacco-free lifestyle.

- **Website:** <http://www.mdanderson.org/patient-and-cancer-information/care-centers-and-clinics/specialty-and-treatment-centers/cancer-prevention/aspire/index.html>
- **Price:** Free
- **Languages:** English and Spanish
- **Features:** five educational modules, animation, videos, and games

BecomeAnEx: A web-based program for adults based on research and practical advice from ex-smokers. It isn't just about quitting smoking it's about re-learning life without cigarettes.

- **Website:** www.becomeanex.org
- **Price:** Free
- **Languages:** English and Spanish
- **Features:** iPhone app, online community support, free ex-plan to help you quit

Freedom from Smoking Online: The American Lung Association's web-based smoking cessation program. Registration is required.

- **Website:** www.ffsonline.org
- **Price:** Free trial version available. Membership: \$15 for three months, \$40 for one year
- **Languages:** English
- **Features:** Module-based program, online community support, accessible 7 days a week, 365 days a year

QuitNet: A comprehensive tobacco cessation program integrating counseling, behavioral cessation therapy, medication, and social support.

- **Website:** www.quitnet.com
- **Price:** Free Basic Membership, Premium Membership: \$39.99 for three months, \$99.95 for one year
- **Languages:** English and Spanish
- **Features:** Personal quitting tools, medication support, and online support community

My Last Dip: An online, research-tested, self-help program designed to help chewing tobacco users quit

- **Website:** mylastdip.com
- **Languages:** English
- **Price:** Free
- **Features:** Designed specifically for smokeless tobacco users

In-Person



UNC Family Medicine Outpatient Clinic

UNC Nicotine Dependence Program: Offers outpatient cessation services to any person who smokes or uses tobacco.

- **Website:** www.ndp.unc.edu
- **Phone:** To schedule an appointment, call (919) 966-0211
- **Price:** With insurance there may be a co-pay for the first visit. Without insurance, about \$76 for first visit. All follow up visits are free.
- **Features:**
 - Trained tobacco treatment specialists work with you to assess, plan, and follow-up
 - You do not have to be a prior patient of UNC Family Medicine
 - Ongoing support group
- **Languages:** Offered in English and Spanish, with translation services offered in other languages

UNC Healthcare Employees and their Families

Tobacco Free Tarheels is a tobacco cessation program for UNC Health Care Employees and their families through the UNC Family Medicine Center

- **Phone:** (984) 974-8455
- **Email:** tobaccofreetarheels@unc.edu
- **Price:** Free
- **Features:**
 - Individual treatment plan
 - Medication
 - 8 weekly individual sessions
- **Languages:** English

Town of Chapel Hill Employees

Chapel Hill Wellness@Work is a comprehensive wellness program for employees of the Town of Chapel Hill that offers an individual treatment plan for smokers. The program is a partnership between UNC School of Medicine’s Department of Family Medicine and the Town of Chapel Hill.

- **Website:** www.uncwellnessatwork.org
- **Phone:** (984) 974-8455
- **Features:**
 - Individual treatment plan
 - Medication
 - 8 weekly individual sessions
- **Price:** Free for employees participating in Blue Cross Blue Shield health plan
- **Languages:** English

Orange County Health Department (300 W. Tryon St., Hillsborough) – More Free Services!

- **For anyone – Freshstart Classes:** A group-based quit smoking support program offered by the American Cancer Society. To sign up call 919-245-2480 or email smokefreeoc@orangecountync.gov.

More Resources



- **National Cancer Institute's smokefree.gov:** www.smokefree.gov
- **SmokeFree Women:** women.smokefree.gov
- **SmokeFree Teens:** teens.smokefree.gov
- **SmokeFree Espanol:** espanol.smokefree.gov
- **You Quit, Two Quit:** Information about smoking during pregnancy and how to quit for your health and your baby's www.youquittwoquit.com
- **National African American Tobacco Prevention Network (NAATPN):** www.naatpn.org
- **National Latino Tobacco Control Network (NLTCN)** latinotobaccocontrol.org
- **National Native Network (Keep it Sacred)** www.keepitsacred.org
- **Asian Pacific Partners for Empowerment, Advocacy, and Leadership (APPEAL):** www.appealforcommunities.org, www.asiansmokersquitline.org
- **National LGBT Tobacco Control Network:** www.lgbttobacco.org

**For more information about local services
contact Orange County Health Department:**

Website: orangecountync.gov/health/smoke-freepublicplaces.asp

Phone: 919-245-2480

Email: smokefreeoc@orangecountync.gov