

# Ready to Live a Smokefree Life?

## Smoking Cessation Resources:

### Alaska's Tobacco Quit Line

[alaskaquitline.com](http://alaskaquitline.com)

1-800-QUIT-NOW (1-800-784-8669)

- Free phone and web coaching
- Free text and email support
- Free nicotine replacement therapy, including patches, gum and lozenges

### American Lung Association

[lung.org/stop-smoking/i-want-to-quit/](http://lung.org/stop-smoking/i-want-to-quit/)

- Free support through 1-800-LUNGUSA
- Quitter's Circle, an online support community, available online and through a mobile app
- Freedom From Smoking, available in person and online

### U.S. Department of Health and Human Services (HHS)

[BeTobaccoFree.gov](http://BeTobaccoFree.gov)

- HHS website with one-stop access to tobacco-related information
- Information on quitting tobacco use from various agencies

[smokefree.gov](http://smokefree.gov)

- Free resource, including quit coaches and quit plans supporting those trying to quit smoking or chewing tobacco
- Smokefree text messaging
- Mobile support
- Daily challenges to help prepare for situations where you can't smoke

### Centers for Disease Control and Prevention

Tips From Former Smokers:

[cdc.gov/tobacco/campaign/tips](http://cdc.gov/tobacco/campaign/tips)

- Learn more about the people featured and their health conditions
- Access quit smoking resources

### Alaska Native Tribal Health Consortium's Tobacco Information Line

907-729-4343

- Learn more about resources specific to Alaska Natives and American Indians

## Resources for Teens:

- [smokefree.gov/smokefreetxt](http://smokefree.gov/smokefreetxt)

### Quit Smoking Apps:

- [smokefree.gov/apps-quitstart](http://smokefree.gov/apps-quitstart)
- [teen.smokefree.gov](http://teen.smokefree.gov)
- [therealcost.betobaccofree.hhs.gov/?g=t](http://therealcost.betobaccofree.hhs.gov/?g=t)
- [smokingstinks.org/quitkit/expect.html](http://smokingstinks.org/quitkit/expect.html)

## Tips on Quitting Smokeless Tobacco:

- [nidcr.nih.gov/oralhealth/Topics/SmokelessTobacco/SmokelessTobaccoAGuideforQuitting.htm](http://nidcr.nih.gov/oralhealth/Topics/SmokelessTobacco/SmokelessTobaccoAGuideforQuitting.htm)
- [cancer.org/cancer/cancercauses/tobaccocancer/smokelesstobaccoandhowtoquit/index](http://cancer.org/cancer/cancercauses/tobaccocancer/smokelesstobaccoandhowtoquit/index)



**READY TO QUIT? CALL 1-800-QUIT-NOW OR VISIT ALASKAQUITLINE.COM**

For more information, visit [smokefree.alaska.gov](http://smokefree.alaska.gov).