

## Health Links and Resources – Smoking Cessation

For more health links and resources, visit: [bit.ly/CM-Health-Resources](https://bit.ly/CM-Health-Resources)

Websites	
CDC	<a href="https://cdc.gov/tobacco/campaign/tips/about">cdc.gov/tobacco/campaign/tips/about</a>
American Heart Association	<a href="https://heart.org">heart.org</a>
American Cancer Society	<a href="https://cancer.org/healthy/stay-away-from-tobacco.html">cancer.org/healthy/stay-away-from-tobacco.html</a>
American Lung Association	<a href="https://lung.org/quit-smoking">lung.org/quit-smoking</a>
QuitWorks RI	<a href="https://health.ri.gov/find/services/detail.php?id=20">health.ri.gov/find/services/detail.php?id=20</a>
Tobacco Free RI	<a href="https://tobaccofree-ri.org">tobaccofree-ri.org</a>

Phone Apps	
SmokefreeTXT	<a href="https://smokefree.gov/tools-tips/text-programs">smokefree.gov/tools-tips/text-programs</a>
QuitStart (App)	<a href="https://smokefree.gov/tools-tips/apps/quitstart">smokefree.gov/tools-tips/apps/quitstart</a>
QuitGuide (App)	<a href="https://smokefree.gov/tools-tips/apps/quitguide">smokefree.gov/tools-tips/apps/quitguide</a>
EasyQuit (App)	<a href="https://apps.apple.com/us/app/easyquit-stop-smoking/id1508110799">apps.apple.com/us/app/easyquit-stop-smoking/id1508110799</a>
Kwit (App)	<a href="https://kwit.app/en">kwit.app/en</a>

Telephone	
Quit Line RI	<a href="https://health.ri.gov/healthrisks/tobacco/about/quitsmoking">health.ri.gov/healthrisks/tobacco/about/quitsmoking</a>

Online Programs	
Freedom from Smoking	<a href="https://freedomfromsmoking.org">freedomfromsmoking.org</a>
The Ex Program	<a href="https://becomeanex.org">becomeanex.org</a>
My Life My Quit	<a href="https://ri.mylifemyquit.org">ri.mylifemyquit.org</a>
Quit Tracker (App)	<a href="https://play.google.com/store/apps/details?id=com.despdev.quitsmoking&amp;hl=en_US&amp;gl=US">play.google.com/store/apps/details?id=com.despdev.quitsmoking&amp;hl=en_US&amp;gl=US</a>

In-Person Programs	
Thundermist	<a href="https://thundermisthealth.org/services/chronic-disease-management">thundermisthealth.org/services/chronic-disease-management</a>
South County Hospital Pulmonary Rehab	<a href="https://southcountyhealth.org/programs-services/cardiopulmonary-rehabilitation/pulmonary-rehabilitation">southcountyhealth.org/programs-services/cardiopulmonary-rehabilitation/pulmonary-rehabilitation</a>
Tobacco Cessation Services of RI (TCSRI)	<a href="https://tcsri.org">tcsri.org</a>
Quit with Brown	<a href="https://brown.edu/public-health/caas/content/get-fit-quit-study">brown.edu/public-health/caas/content/get-fit-quit-study</a>