

TARGETstudy

Treating Adults at Risk for weight Gain with Interactive Technology

TARGET SMOKING CESSATION RESOURCE LIST

NATIONAL AND STATE RESOURCES

Centers for Disease Control and Prevention

Office on Smoking and Health

1-800-232-4636 (1-800-CDC-INFO)

www.cdc.gov/tobacco

Free quit support line: 1-800-784-8669 (1-800-QUIT-NOW)

TTY: 1-800-332-8615

Environmental Protection Agency (EPA)

202-272-0167

www.epa.gov

Note:

- Has advice on how to protect children from secondhand smoke, a Smoke-free Homes Pledge, and other tobacco-related materials
 - www.epa.gov/smokefree
 - 1-866-766-5337 (1-866-SMOKE-FREE).

National Cancer Institute

1-800-422-6237 (1-800-4-CANCER)

www.cancer.gov

Toll-free tobacco line: 1-877-448-7848

Tobacco quit line: 1-800-784-8669 (1-800-QUITNOW)

Direct tobacco Web site: www.smokefree.gov

Note:

- Quitting information, cessation guide, and counseling is offered, as well as information on state telephone-based quit programs.

Nicotine Anonymous

1-877-879-6422

www.nicotine-anonymous.org

Note:

- For free information, meeting schedules, printed materials, or information on how to start a group in your area.

QuitNet

www.quitnet.com

Note:

- Offers free, cutting edge, effective tobacco cessation services to people worldwide.

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LOCAL RESOURCES

Church Health Center Wellness

1115 Union, Memphis, TN 38104
901-259-4673
<http://www.churchhealthcenter.org/>

Notes:

- Call for information about the "Commit to Quit" 6-week program.
- There is a \$60.00 fee for non-members.

Department of Veterans Affairs

1030 Jefferson, Memphis, TN 38104
901-523-8990, ext. 5777

Note:

- Smoking cessation classes are held at various times for eligible veterans.

NATIONAL AND STATE RESOURCES

American Cancer Society

1-800-227-2345
<http://www.cancer.org>

Tennessee Tobacco Quitline

(1-800-QUITNOW)
1 (800) 784-8669
<http://health.state.tn.us/tobaccoquitline.htm>

American Heart Association & American Stroke Association

1-800-242-8721 (1-800-AHA-USA-1)
www.americanheart.org
1-888-478-7653 (1-888-4-STROKE)
www.strokeassociation.org

Note:

- Quitting tips and advice can be found at everydaychoices.org or by calling 1-866-399-6789.

American Lung Association

1-800-548-8252
www.lungusa.org

Note:

- Printed quit materials are available, some in Spanish. Also offers the tobacco cessation program "Freedom from Smoking Online" at www.ffsonline.org.