

TOBACCO INTERVENTION RESOURCES

BECOMING — AND REMAINING — TOBACCO FREE

Here are a few of the many useful tools and resources available to help you or a loved one stop using tobacco and remain tobacco free.

American Cancer Society

1-800-227-2345

American Lung Association

lung.org/stop-smoking

1-800-LUNG-USA

Centers for Disease Control

cdc.gov/tobacco

Chew Free

chewfree.com

National Cancer Institute

smokefree.gov

livehelp.cancer.gov

1-877-448-7848

Quit Smoking

quitsmoking.com

Quit Tobacco

UCANQUIT2.org

Tobacco Free Allen County

260-373-4276

Tobacco Prevention and Cessation Commission

in.gov/isdh/tpc

Tobacco Quitline (*national*)

1-800-QUIT-NOW

IN.gov/quitline

A free phone-based counseling service is available seven days-a-week in more than 170 languages.

U.S. Department of Health and Human Services

betobaccofree.gov

Why Quit?

whyquit.com



**Lutheran
Health Network**

LutheranHealth.net