

# 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**