

# 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 quit tobacco and remain tobacco free.

### **Tobacco Quitline** (*national*)

1.800.QUIT.NOW

[IN.gov/quitline](http://IN.gov/quitline)

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

### **Tobacco Free Allen County**

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

### **American Lung Association**

[lungusa.org](http://lungusa.org) or (800) LUNG-USA

### **Centers for Disease Control**

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

### **Chew Free**

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

### **Online Guide to Quitting**

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

### **Tobacco Prevention and Cessation Commission**

[in.gov/isdh/tpc](http://in.gov/isdh/tpc)

### **National Cancer Institute**

[nci.nih.gov/cancerinfo](http://nci.nih.gov/cancerinfo)

### **Quit Smoking**

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

### **Quitnet**

[quitnet.org](http://quitnet.org)

### **U.S. Department of Health and Human Services**

[hhs.gov/diseases/index.shtml#smokin](http://hhs.gov/diseases/index.shtml#smokin)

### **Why Quit?**


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

### **Freedom from Smoking Group**

American Lung Association program

IPFW Athletic Center, Room 264

[tillapau@ipfw.edu](mailto:tillapau@ipfw.edu)

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(260) 435-7001

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