

KICKING TOBACCO

Digital Resources for Quitting Tobacco

MDQuit.org—Maryland’s Tobacco Resource Center

1-800-QUIT-NOW—A FREE service for Marylanders 13 years and older and sponsored by the Maryland Department of Health. Trained quit coaches are available 24 hours a day to help you quit any kind of tobacco use.

Text2QuitSM— Allows you to connect with your Quit Coach[®] and interact with Web Coach[®] - all from your supported mobile phone.
<https://smokingstopshere.com/text-support/>

Web Coach[®] - Unlimited counseling, and feedback from Quit Coaches trained to assist in the quitting process.
<https://smokingstopshere.com/web-support/>

Smokefree.gov— Created by the National Cancer Institute to help you or someone you care about quit tobacco.

QuitGuide—A free app that helps you understand your smoking patterns and build the skills to become smoke-free.
<https://smokefree.gov/tools-tips/apps/quitguide>

quitSTART—A free app to help you quit smoking with tailored tips and challenges.
<https://smokefree.gov/tools-tips/apps/quitstart>

SmokefreeTXT— free text messaging programs that give 24/7 encouragement, advice, and tips for becoming smokefree and being healthier.
<https://smokefree.gov/tools-tips/text-programs>

BecomeanEx.org—A free digital resource to help tobacco users quit. This resource includes an active social community, text and email messaging support, expert guidance and interactive quitting tools.

Visit *KickingTobacco.com* for more information.