

# TOBACCO CESSATION COUNSELING RESOURCES



**TRUTH INITIATIVE**

<https://www.becomeanex.org/>



**MI TOBACCO QUITLINK**

<https://michigan.quitlogix.org/en-US/>



**NORTH AMERICAN  
QUITLINE CONSORTIUM**

<https://map.naquitline.org/default.aspx>



**AMERICAN HEART  
ASSOCIATION**

<https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/5-steps-to-quit-smoking>



**AMERICAN LUNG  
ASSOCIATION**

<https://www.lung.org/quit-smoking/i-want-to-quit/how-to-quit-smoking>



**AMERICAN CANCER  
SOCIETY**

<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html>



**YOU CAN QUIT 2**

<https://www.ycq2.org/>



**SMOKEFREE.GOV**

<https://smokefree.gov/>



**FDA 101: SMOKING  
CESSATION PRODUCTS**

<https://www.fda.gov/consumers/consumer-updates/want-quit-smoking-fda-approved-and-fda-cleared-cessation-products-can-help>



## HEALTHY BEHAVIOR OPTIMIZATION FOR MICHIGAN

[https://hbomich-resource-  
dashboard.netlify.app/](https://hbomich-resource-dashboard.netlify.app/)



## NATIONAL CANCER INSTITUTE

[https://www.cancer.gov/about-  
cancer/causes-  
prevention/risk/tobacco/help-quitting-  
fact-sheet](https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/help-quitting-fact-sheet)



American College of Preventive Medicine  
physicians dedicated to prevention

## ACPM: TOBACCO CESSATION RESOURCES FOR YOUTH

[https://www.acpm.org/initiatives/tobac-  
co-cessation/tobacco-cessation-  
resources/](https://www.acpm.org/initiatives/tobacco-cessation/tobacco-cessation-resources/)



## FOR KIDS & TEENS: TOBACCO EDUCATION RESOURCES

[https://www.healthychildren.org/Englis-  
h/ages-stages/teen/substance-  
abuse/Pages/For-Kids-Teens-Tobacco-  
Education-Resources.aspx](https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/For-Kids-Teens-Tobacco-Education-Resources.aspx)



## CDC SMOKING & TOBACCO USE

[https://www.cdc.gov/tobacco/abo-  
ut/osh/index.htm](https://www.cdc.gov/tobacco/about/osh/index.htm)

## CDC TIPS FROM FORMER SMOKERS

[https://www.cdc.gov/tobacco/cam-  
paign/tips/](https://www.cdc.gov/tobacco/campaign/tips/)

## CDC 6/18 INITIATIVE

[https://www.cdc.gov/sixteen/t-  
obacco/index.htm](https://www.cdc.gov/sixteen/tobacco/index.htm)



## VA: TOBACCO AND HEALTH

[https://www.mentalhealth.va.gov/quit-  
tobacco/](https://www.mentalhealth.va.gov/quit-tobacco/)



## YOUTH TOBACCO CESSATION

[https://www.aap.org/en/patient-  
care/tobacco-control-and-  
prevention/youth-tobacco-cessation/](https://www.aap.org/en/patient-care/tobacco-control-and-prevention/youth-tobacco-cessation/)



**INHALE**  
Inspiring Health Advances in Lung Care