

Quit-Smoking Resources

FREE one-on-one coaching with someone who helps people quit

- MGH Community Health Associates, **Living TOBACCO-FREE**. Coaching available in Spanish and English. You can schedule an appointment in Charlestown, Chelsea, Everett, or Revere. Or, consult with a coach by phone. All services are **free**. Call **781.485.6210**. For more information visit www.massgeneral.org/tobaccofree.

FREE over-the-phone coaching with someone who helps people quit

- **Massachusetts Smokers Helpline - Call 24/7!** 1.800.QUIT.NOW or 1.800.8.Déjalo (Spanish). The Helpline is **free** and confidential. You can get information, help making a plan, coaching, and free quit-smoking medication (18 and over). Enroll online (<https://ma.quitlogix.org/en-US/>) to access email, text, chat and other resources.

FREE text messaging support programs (Message and data rates may apply.)

- **SmokefreeTXT** - a mobile text messaging service for adults and young adults who are trying to quit smoking. To sign up: Text QUIT (English) or LIBRE (Spanish) to 47848 from your phone. For more info: <http://smokefree.gov/smokefreetxt> (English) or <http://espanol.smokefree.gov/smokefreetxt-espanol-sobre> (Spanish)

FREE Partners Employee Smoking Cessation Program

- Customized phone counseling for Partners Employees and their adult dependents. Medication with no co-pay is available. Call 617-724-2205 or email PiHQ@Partners.org.

Web sites for you and people you love

- www.becomeanex.org – A **free** online interactive resource to help you relearn life without cigarettes, and www.becomeanex.org/pregnant-smokers.php especially for pregnant and postpartum smokers. Get extra tips by **email** or **text!**
- www.quitnet.com - A **free** online smoking cessation support group
- <http://smokefree.gov> - It doesn't matter where you start, just start.
- <http://women.smokefree.gov> - **Stress & mood** pregnancy and motherhood
support weight management **healthier lifestyle** tools
- <http://espanol.smokefree.gov> -Mi familia, mi salud. **Mi tiempo para dejar de fumar.**
- <http://teen.smokefree.gov> - **Want to quit but don't know how? Get** daily support.

KEEP TRYING

TALK TO YOUR DOCTOR

GET SUPPORT

Quit-Vaping Resources

Text, telephone and/or online support

- **My Life, My Quit** - Get free confidential help by **phone or chatting by text** for quitting vaping or other tobacco products. **Check out the website** at MyLifeMyQuit.com and get the facts and info you need. If you decide to quit, a trained coach will help you. Call 1-855.891.9989 (7a.m. to 1 a.m.), or text “Enroll” to 1-855.891.9989.
- **The Truth Initiative’s texting program** helps people who want to quit vaping. Text “QUIT” to (202) 804-9884. **Check out** truthinitiative.org for more information on tobacco.

In-person coaching

- **FREE in-person, one-on-one coaching if you’re thinking about quitting vaping or other tobacco products.** MGH Community Health Associates, Living TOBACCO-FREE. We’re here to talk, answer your questions and help you if you’re ready to quit. Appointments available in Spanish and English at MGH Health Centers in Revere, Everett, Chelsea and Charlestown. **Call us at 781.485.6210** for more information.

Need more information? Have questions? Call MGH Living TOBACCO-FREE at 781-485-6210 or email us at MGHTobaccoFree@Partners.org. All ages welcome. Your doctor, school nurse or school counselor can also help you.