



Smoking Cessation Resources

Massachusetts Smokers' Helpline:

- 1-800-QUIT-NOW
- Online: <https://ma.quitlogix.org/en-US/>
- Resources: <http://makesmokinghistory.org/>

Línea de Ayuda para Fumadores de Massachusetts

- 1-800-8-DÉJALO (1-800-833-5256).
- <http://makesmokinghistory.org/quit-now/dejar-de-fumar-ahora/>

American Lung Association:

- <http://www.lung.org/stop-smoking/i-want-to-quit/>
- <http://www.freedomfromsmoking.org/>
- Lung HelpLine: 1 800 LUNGUSA

Local Smoking Cessation Services

- Holyoke Medical Center
4 week classes on Mondays, 4-5 pm or individual counseling
Clases de 4 semanas, los lunes, 4-5 pm o asesoramiento individual
413-534-2789 or smoking.cessation@holyokeyhealth.com
- Doris Harris, Caring Health Center
dharris@caringhealth.org