



Coastal Medical

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Health Links and Resources - Smoking Cessation

For more health links and resources, visit: bit.ly/CM-Health-Resources

Websites	
CDC	cdc.gov/tobacco/campaign/tips/about
American Heart Association	heart.org
American Cancer Society	cancer.org/healthy/stay-away-from-tobacco.html
American Lung Association	lung.org/quit-smoking
QuitWorks RI	health.ri.gov/find/services/detail.php?id=20
Tobacco Free RI	tobaccofree-ri.org
Phone Apps	
SmokefreeTXT	smokefree.gov/tools-tips/text-programs
QuitStart (App)	smokefree.gov/tools-tips/apps/quitstart
QuitGuide (App)	smokefree.gov/tools-tips/apps/quitguide
EasyQuit (App)	apps.apple.com/us/app/easyquit-stop-smoking/id1508110799
Kwit (App)	kwit.app/en
Telephone	
Quit Line RI	health.ri.gov/healthrisks/tobacco/about/quitsmoking
Online Programs	
Freedom from Smoking	freedomfromsmoking.org
The Ex Program	becomeanex.org
My Life My Quit	ri.mylifemyquit.org
Quit Tracker (App)	play.google.com/store/apps/details?id=com.despdev.quitsmoking&hl=en_US&gl=US
In-Person Programs	
Thundermist	thundermisthealth.org/services/chronic-disease-management
South County Hospital Pulmonary Rehab	southcountyhealth.org/programs-services/cardiopulmonary-rehabilitation/pulmonary-rehabilitation
Tobacco Cessation Services of RI (TCSRI)	tcsri.org
Quit with Brown	brown.edu/public-health/caas/content/get-fit-quit-study