



Help with Quitting Smoking...your Way

Freedom From Smoking® Clinic

www.Lung.org or 1-800-LUNG-USA

- The Freedom From Smoking® group clinic includes eight sessions and features a step-by-step plan for quitting smoking. Each session is designed to help smokers gain control over their behavior. The clinic format encourages participants to work on the process and problems of quitting both individually and as part of a group. Visit www.lung.org or call 1-800-LUNG-USA to learn more or contact your local charter for a list of available classes.

Freedom From Smoking® Plus

www.FreedomFromSmoking.org

- The Freedom From Smoking® Plus is a highly-interactive online behavioral change program that addresses today’s mobile lifestyles. It works on desktops, laptops, tablets and smartphones and includes telephone, chat and email support from trained tobacco cessation counselors. To learn more about the Freedom From Smoking® Plus program visit www.FreedomFromSmoking.org

Freedom From Smoking® Self-Help Manual

(717) 971-1122

- The Freedom From Smoking® self-help manual can be used by individuals interested in a self-guided method of quitting. This 56-page interactive self-help workbook is based on the American Lung Association’s proven-effective Freedom From Smoking® Clinic Program, and covers identifying triggers, removing roadblocks, addressing physical, mental and social aspects of addiction, preparing for quit day, handling social situations, preventing relapse and how to stay on track with lifestyle changes. The cost is \$5.99 each and can be ordered through your local American Lung Association office. To place an order, call (717) 971-1122.

Pennsylvania Quitline

1 (800) QUIT-NOW (784-8669)

Spanish-speaking: 1 (855) DEJELO-YA (335-3569)

- The Pennsylvania Quitline is a free local resource for quitting smoking. It provides over-the-phone counseling services with a certified quit coach, nicotine patches and lozenges (for qualified callers) and support for all Pennsylvania residents. Information and self-help materials are available.

Local Cessation Programs in Pennsylvania

<p>Northwestern PA Erie County Department of Health Phone (814) 451-7857</p>	<p>Southwestern PA Adagio Health Phone (412) 253-8166</p>	<p>Southcentral PA American Lung Association in Pennsylvania Phone (717) 971-1121</p>	<p>Philadelphia Philadelphia Department of Health Phone (215) 685-5693</p>
<p>Allegheny County, PA Tobacco-Free Allegheny Phone (412) 322-8321</p>	<p>Northcentral PA American Lung Association in Pennsylvania Phone (717) 971-1121</p>	<p>Northeastern PA American Lung Association in Pennsylvania Phone (717) 971-1121</p>	<p>Southeastern PA Health Promotion Council Phone (215) 731-6154</p>