

Additional Resources

Freedom From Smoking® Clinic

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

Lung.org/FFS

- 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 Lung.org/FFS.

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.

My Life, My Quit™

mylifemyquit.com

- My Life, My Quit™ can reveal the truth about vaping, smoking, and other tobacco products so you can make informed decisions about your future. And if you decide you want to quit, they give you all the tools you need to do it successfully, including the ability to talk and text with a quit coach, get text messages to encourage your quit, learn coping techniques, and get the support you need to quit for good.



Adult Cessation Programs






Local Cessation Programs in Pennsylvania

<p>Northwest Erie County Department of Health Phone (814) 451-7857</p>	<p>Southcentral American Lung Association in Pennsylvania Phone (717) 971-1121</p>
<p>Allegheny County Adagio Health Phone (412) 253-8125</p>	<p>Northeast American Lung Association in Pennsylvania Phone (484) 655-1049</p>
<p>Southwest Adagio Health Phone (412) 253-8166</p>	<p>Philadelphia Philadelphia Department of Health Phone (215) 685-5693</p>
<p>Northcentral American Lung Association in Pennsylvania Phone (717) 971-1126</p>	<p>Southeast Health Promotion Council Phone (215) 731-6154</p>





- [American Lung Association](#)
- [Regional Pennsylvania Tobacco-Free Coalitions](#)
- [Pennsylvania Alliance to Control Tobacco \(PACT\)](#)
- [Tobacco Resistance Unit \(TRU\)](#)
- [Pennsylvania Department of Health, Division of Tobacco Prevention and Control](#)
- [Center for Disease Control and Prevention](#)

American Lung Association

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American Lung Association in Pennsylvania

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Regional Pennsylvania Tobacco-Free Coalitions

-  [@RPTFC1](#)

Pennsylvania Alliance to Control Tobacco (PACT)

-  [@PAtobaccocontrol](#)
-  [@ALAPACT](#)

Tobacco Resistance Unit (TRU)

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