



Thinking of quitting tobacco?

**You don't have to do it alone.**

The **American Lung Association** has you covered. Find the support that works best for you.

When quitting tobacco, no one has to do it alone. The American Lung Association's proven effective tobacco cessation programs help you develop a quit plan, prepare ahead, cope with withdrawal, manage slip-ups and relapse, and maintain a tobacco-free lifestyle.

**Quitting is better with us.**





## Freedom From Smoking® Group Clinics

Although the first steps can be hard, finding your path to a tobacco-free life is easier with the right help. The American Lung Association's **Freedom From Smoking®** program is a proven way to quit tobacco use—and stay quit—even if you've tried before and went back to using tobacco.

The Freedom From Smoking group clinic includes eight sessions and features a step-by-step plan for quitting tobacco use. The clinic format encourages participants to work on the process and problems of quitting both individually and as part of

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## Freedom From Smoking® Plus

There are now more former tobacco users in the United States than current tobacco users—and you could be one of them!

One of the most effective quit smoking programs in the country, Freedom From Smoking® has a new online quit tobacco experience with the new **Freedom From Smoking® Plus**. The interactive program allows you to create a unique quit smoking plan on your computer, tablet or smartphone.

With videos, quizzes and activities, Freedom From Smoking® **Plus** helps you quit tobacco with a step-by-step guide that includes:

- Knowing you are ready to quit
- Setting a quit date and making a plan
- Medications that can increase your success
- Lifestyle changes to help you quit
- Coping strategies for managing stress
- How to stay tobacco-free for good

FreedomFromSmoking.org



## Lung HelpLine & Tobacco QuitLine

Staffed by experienced and knowledgeable registered nurses, registered and certified respiratory therapists, a pharmacist and counselors who have certifications including Tobacco Treatment Specialist, the **Lung HelpLine** is available to answer any questions you may have and can provide telephone counseling from an expert over the course of your journey to a tobacco-free lifestyle. In addition, the Lung HelpLine can advise on nicotine replacement therapy options that may be helpful in your quit journey.

The Lung HelpLine also has bilingual Spanish speaking staff along with a live language interpretation service for more than 250 languages. Our counseling is free, and there is no limit to the number or length of calls.

1-800-LUNGUSA



## Freedom From Smoking® Self-Help Guide

The **Freedom From Smoking® self-help guide** can be used by individuals interested in quitting at their own pace and on their own time through a self-guided method of quitting. Based on the American Lung Association's proven-effective clinic program, the self-help manual 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.

This 56-page interactive self-help workbook is available in English and Spanish, is \$5.99 each and can be ordered through the Lung HelpLine.

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