

## Smoking Cessation Resources

Quitting smoking is not easy. For most people, several attempts are made to quit smoking before long term success is achieved. Essentially, there are two reasons why quitting smoking is so difficult:

- Physical dependence to nicotine.
- Psychological dependence to smoking.

For most people, it is the psychological dependence that is the tougher hurdle to overcome. For these people, the desire to smoke lingers long after the physical dependence is over.

In order to quit, there are four things to think about:

- Deciding to quit.
- Setting a quit date and choosing a plan to quit.
- Dealing with withdrawal (physical dependence).
- Staying quit.

**The following list is not intended to be all inclusive and does not constitute a recommendation by Huntington Health. It is intended to provide the user with basic information about some of the resources available. If you need further information, please contact our thoracic nurse navigator at (626) 397-2524.**

### **California Smoker's Helpline/Kick It California**

(800) 766-2888 or <https://www.kickitCA.org>

Provides smoking-related literature, resources, custom-designed cessation programs, and one-to-one counseling on cessation.

### **American Lung Association**

“Freedom From Smoking”

(800) 586-4872 and press 2 or <https://www.lung.org/stop-smoking>

Programs available ranging in cost. Also has smoking-related literature and cessation self-help kits.

continued >

# Smoking Cessation Resources *(continued)*

## **Southern California Intergroup Nicotine Anonymous**

(877) 879-6422 or <https://quitnowla.com/>; <https://www.nicotine-anonymous.org/>  
Self-help support group for smoking cessation.

## **American Cancer Society**

(800) 227-2345 or <https://www.cancer.org/healthy/stay-away-from-tobacco>  
Smoking-related literature and referrals.

## **American Heart Association**

(800) 242-8721 or <https://www.heart.org>  
Smoking-related literature.

## **National Cancer Institute**

(877) 44U-QUIT ((877) 448-7848) or <https://www.smokefree.gov>

## **North American Quitline Consortium**

*English:* (800) QUIT-NOW ((800) 784-8669) or <https://www.smokefree.gov>

*Spanish:* (855) DEJELO-YA ((855) 335-3569) or <https://espanol.smokefree.gov>

*Chinese:* (800) 838-8917 or <https://www.asiansmokersquitline.org>

*Korean:* (800) 556-5564 or <https://www.asiansmokersquitline.org>

*Vietnamese:* (800) 778-8440 or <https://www.asiansmokersquitline.org>

*Veterans:* (855) QUIT-VET ((855) 784-8838) or  
<https://www.publichealth.va.gov/smoking>

TTY: (800) 332-8615

*Revised June 2023*

