

Telephone Quit lines & Helpful Resources

National Quit Lines

Quit lines are staffed by counselors who provide helpful information, advice, and support.

- 1-800-QUIT-NOW (1-800-784-8669)
- 1-800-332-8615 *for the hearing-impaired*
- 1-877-44U-QUIT (1-877-448-7848)

National Cancer Institute quit line provides information on how to quit, in both English and Spanish. Services are available Monday through Friday, 8:00 a.m. to 8:00 p.m. (Eastern).

Oregon Quit Lines

The Quit Line is open 24 hours a day, 7 days a week.

- English: **1-800-QUIT-NOW** (1-800-784-8669) or quitnow.net/oregon
 - Spanish: **1-855-DÉJELO-YA** (1-855-335-35692) or quitnow.net/oregonsp
 - TTY: 1-877-777-6534
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Veterans

Quit line for veterans receiving health care through the U.S. Department of Veterans Affairs (VA). Services are available in English and Spanish, Monday through Friday, 8:00 a.m. to 10:00 p.m. (Eastern). The quit line is closed on Federal holidays.

- 1-855-QUIT-VET (1-855-784-8838) (For Veterans)
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American Cancer Society (Quit for Life)

- 866-QUIT-4-LIFE (866-784-8454); 24 hours a day, 7 days a week (except Thanksgiving, Christmas, and July 4)
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American Lung Association (Lung Helpline & Tobacco Quit Line)

- 800-LUNGUSA (800-586-4872)
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National Cancer Institute (Smokefree.gov)

- NCI's telephone quit line: 877-44U-QUIT (877-448-7848); TTY 800-332-8615; 8 AM to 8 PM ET, Monday through Friday (English and Spanish)
- Live Help; live online chat assistance, is available 8 AM to 11 PM ET, Monday through Friday (English only).

Instant Messaging:

- National Cancer Institute: https://livehelp.cancer.gov/app/chat/chat_launch
Chat online 24 hours a day, 7 days a week with a National Cancer Institute counselor for quitting information and advice.
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U.S. Department of Health and Human Services (BeTobaccoFree)

- Local and state: 800-QUIT-NOW (800-784-8669)
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CDC/NCI/Focused Smoking Quit lines

- 1-855-335-3569 (Spanish)
 - 1-800-383-8917 (Chinese/Mandarin/Cantonese)
 - 1-800-556-5564 (Korean)
 - 1-800-778-8440 (Vietnamese)
 - 1-800-5AI-QUIT (Indigenous)
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Online Communities - You are not alone – join an online community

- Facebook – <https://www.facebook.com/Smokefreeus>
 - Twitter – <https://www.twitter.com/Smokefreeus>
 - YouTube – <https://www.youtube.com/user/smokefree.gov>
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Tools & Apps - Get quit support on your phone

TEXT Supports:

- Adults - text **QUIT** to **47848**.
- Adults & youth over age 13 living in Oregon – **READY** to **200-400**
- Pregnant Women - text **MOM** to **222888**
- Veterans - **VET** to **47848**
- Dip free - text **SPIT** to **222888**
- En Española - **ESP** al **47848**
- Teens aged 13-17 - **QUIT** to **47848**
- Practice Quit - **GO** to **47848**
- Daily Challenges - **GO** to **47848**

Phone App Supports:

- [QuitGuide | Smokefree](#) is a free app that helps you understand your smoking patterns and build the skills needed to become and stay smokefree.
- [quitSTART | Smokefree](#) The quitSTART app is a free smartphone app that helps you quit smoking with tailored tips, inspiration, and challenges.
- [Download quitSTART | Smokefree Teen](#) is a free app for teens to help start and learn to quit.
- **Apple or Google Play**

Tobacco Inclusive Websites:

- [Ex: Re-learn to Live Without Cigarettes](#) (becomeanex.org)
- <https://smokefree.gov> (Adults, veterans, women, teens, Espanol, and 60+) *Spanish*
- [I'm Ready to Quit - Smokefree Oregon](#) (Quitting for everyone, all free of cost)
- [Complete Guide to Quitting](#) (American Cancer Society)
- [Freedom from Smoking](#) (American Lung Association®)
- [Live chat with a quit counselor](#) (National Cancer Institute LiveHelp)
- [My Last Dip: quit smokeless tobacco](#) (Oregon Research Institute)
- [Health Portal \(quitnow.net\)](#) (Oregon: Live chat with a Quit Coach now)
- [Quit Smoking | Smoking & Tobacco Use | CDC](#) (Advice, research, news, facts) *Spanish*
- [Research and resources | Truth Initiative](#) (Latest facts on important tobacco related issues)
- [Pathways to Freedom: Winning the fight Against Tobacco \(cdc.gov\)](#) (Guide to Black Community)
- [Smoke-Free-Pride-Tool-Kit.pdf \(no-smoke.org\)](#) (Kit to strategize community support)
- [LGBTQ2 \(Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Two-Spirit\) - American Nonsmokers' Rights Foundation | no-smoke.org](#) (LGBTQ2 and second hand smoke)

QTiP – Quit Tobacco in Pregnancy

- Learn about the support and resources available to help you Quit Tobacco in Pregnancy. You could receive up to \$250 for Quitting!
- Call QTIP 541-682-4440
- [QTiP - Quit Tobacco in Pregnancy - Lane County](#)

Contact your medical provider for more information:

[Community Health Centers of Lane County - Lane County](#)

- 541-682-3550
- Hours of Operation: Monday thru Friday from 8:00 AM to 5:00 PM
- Our Call Center closes during the lunch hour from noon to 1:00 PM
- [New Patient Info Packet Welcome Information.pdf \(civiclives.com\)](#)

Types of NRT (Nicotine replacement therapy)

NRT Types	How to Get Them	How to Use Them
Patch	Over the Counter	Place on the skin Gives a small and steady amount of nicotine
Gum	Over the Counter	Chew to release nicotine Chew until you get a tingling feeling, then place between cheek and gums
Lozenge	Over the Counter	Place in the mouth like hard candy Releases nicotine as it slowly dissolves in the mouth
Inhaler	Prescription	Cartridge attached to a mouthpiece Inhaling through the mouthpiece gives a specific amount of nicotine
Nasal Spray	Prescription	Pump bottle containing nicotine Put into nose and spray