

SMOKING CESSATION RESOURCES

QUITLINE

Quitlines are one of the fastest growing smoking cessation tools in the nation, but they're much more than just a trend. Quitlines are proven to have real-world effectiveness in helping smokers quit successfully. Below is a list of national and state toll-free telephone numbers that offer counseling and information about quitting smoking.

Minnesota

Minnesota Quitline

1-877-270-STOP/1-877-2NO-FUME (Spanish)

1-877-777-6534 (Hearing Impaired)

Wisconsin

Wisconsin Tobacco Quitline

1-877-270-STOP

1-877-2NO-FUME (Spanish)

1-877-777-6534 (Hearing Impaired)

QUITPLAN

QUITPLAN® Services offers free, personalized support to help you quit smoking.

The phone and web services can be used individually or together to create a personalized plan to quit. Check out their services to find out which ones work best for you.

To learn more about QUITPLAN Services

- **Call 1-888-354-PLAN or**
- **Go to their website at www.QUITPLAN.com**

NATIONAL SERVICES

www.cancer.org

American Cancer Society

1-800-227-2345

American Legacy Foundation

www.americanlegacy.org

Great Start (for pregnant women)

1-866-667-8278

American Lung Association

www.lungusa.org

1-800-586-4872

National Cancer Institute

www.nci.nih.gov

1-800-422-6237