

Online/Phone Resources for tobacco treatment and cessation

A lot of smoking cessation programs have already been in the virtual/phone space, here are a few if you are looking for support:

- The MA Smokers' Helpline, 1-800-QUIT-NOW can be accessed online and/or by phone
 - <http://makesmokinghistory.org/quit-now/what-is-the-helpline/>
 - <https://ma.quitlogix.org/en-US/>
 - The Smokers' Helpline has specific programs and trained coaches for women who are pregnant, American Indians, and youth, as well as screening and enhanced support for people with behavioral health issues
 - People can also call the Smokers' Helpline if they think they may relapse or if they are not yet ready to quit, but just want support
- Quitworks is a referral program to the Helpline and can also be initiated online
 - <http://quitworks.makesmokinghistory.org/Get-Started/enroll-patients.html>
- In MA, Nicotine Anonymous has already been operating by phone and online meetings more frequently than in person
 - <https://nicotine-anonymous.org>
- New cessation programs for youth, among them "This is Quitting," "My Life My Quit," and teen.smokefree.gov
 - <http://makesmokinghistory.org/dangers-of-vaping/help-youth-quit/>
 - <https://mylifemyquit.com>
 - <https://teen.smokefree.gov>
- The National Cancer Institute operates Smokefree.Gov, with specific programs as the one for youth above, as well as for women, people over 60, veterans, and in Spanish (all links below and also accessible from the main site by clicking on "Explore the Smokefree Family" in the right-hand corner)
 - <https://smokefree.gov>
 - <https://women.smokefree.gov>
 - <https://60plus.smokefree.gov>
 - <https://veterans.smokefree.gov>
 - <https://espanol.smokefree.gov>
- Last but not least, our Tobacco Programs will be launching a Pinterest board on our existing Pinterest page related to the coronavirus and taking care of ourselves. Check it out at www.Pinterest.com/healthrecovery.