

State Smoking Quitlines/Smoking Cessation Programs

Categories : [Health Issues](#), [Substance Abuse](#)

Quitlines and Smoking Cessation Programs

Smokers who want to quit smoking can find help in smoking cessation programs held in settings such as hospitals, health centers and counseling agencies. These programs may use a variety of techniques including aversion therapy, hypnosis, acupuncture, acupressure and individual and/or group therapy or mutual support groups to help people give up cigarettes, cigars, pipe tobacco, chewing tobacco, snuff or other substances containing nicotine. There are also Quitline programs run in each state that provide smokers with resources to help them quit their smoking habits. Connecticut Quitline is an example of one such program.

Connecticut Quitline

Connecticut Quitline is a smoking cessation telephone service that provides information and counseling about tobacco use and how to quit. Callers can phone (800) 784-8669 (800-QUIT-NOW) 7 days a week, 24 hours a day, or register online, www.quitnow.net/connecticut. Written materials are also sent to callers, based on their readiness to quit. Separate materials are available for pregnant women who wish to quit smoking.

Other State Quitlines

All states have Quitlines with counselors who are trained specifically to help smokers quit. Call 800-QUIT-NOW to be connected to your state's Quitline. Hours of operation and services vary from state to state.

Smokefree.gov (<https://smokefree.gov/>) is a website created by the National Cancer Institute (NCI) that offers support, tips, tools and expert advice to help individuals or someone you love quit smoking. You can get immediate assistance in the form of:

- Information about a wide range of topics related to smoking and quitting
- LiveHelp, the National Cancer Institute messaging service
- Quitline: 1-877-44U-QUIT
- Smokefree TXT, the NCI text messaging service
- Smokefree apps, quizzes and materials to download
- Publications to download, print or order

To Find Providers in Connecticut's Community Resources Database:

Search by service name: [Smoking Cessation](#)

SOURCES: Connecticut Quitline listing in Connecticut's Community Resources Database; Optum website; National Cancer Institute: Smokefree.gov website

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