

Resources for Nicotine Cessation

This resource page is intended to provide information on Nicotine Cessation to include smoking and e-cigarettes, (Juuling) and the like. It is intended to be used to provide resources for users who are currently using nicotine, as well as research information about nicotine use. Please also see the Porter-Gaud Middle and/or Upper School Handbook on our Nicotine and Tobacco use policies.

NEW Text based Support:

- [*This is Quitting](#) - Truth Initiative® has expanded its quit-smoking resources to include a [first-of-its kind e-cigarette quit program](#). This innovative and free text message program was created with input from teens, college students and young adults who have attempted to, or successfully, quit e-cigarettes.
- **Smokefree Text** - <https://smokefree.gov/smokefreetxt>

Helpful Apps:



Livestrong MyQuit Coach

Free App - virtual coach to develop plan for quitting



QuitSTART

Free App - summarizes information about your smoking history and gives you tailored tips, inspiration, and challenges to become smoke-free.



Quit It Lite

Free App - gives you information about the direct impact of quitting smoking to help motivate and encourage nicotine cessation



Quit Smoking: Cessation Nation

Free App - track health improvements, money saved, and earn badges for your progress with community of support.



Craving to Quit

21 day mindfulness-focused wellness program based on a successful smoking cessation curriculum developed and tested at Yale



Quit Smoking with Andrew Johnson

Developed by clinical hypnotherapist and uses self-hypnosis and relaxation techniques to promote quitting



Get Rich or Die Smoking

Tracks money you save quitting and lets you know what you can now afford. Also tracks health improvements, smoke free days, relapses and unlocked achievements.

Quitline:

- 1-800-QUIT NOW - <https://teen.smokefree.gov/800quitNow.aspx>

Mindfulness:

- Article from Psychology Today - Can Mindfulness Help You Quit Smoking?
<https://www.psychologytoday.com/blog/minding-the-body/201204/can-mindfulness-help-you-quit-smoking>
- **Mindfulness Apps**
 - Stop, Breath, Think - <https://www.stopbreathethink.com/>
 - Breath2Relax - <https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8>
 - Mental Work Out - <https://itunes.apple.com/us/app/mental-workout/id555740294?mt=8>

Online Resources:

- ➡ **Information about Nicotine, Cigarettes, E-Cigarettes, and Smokeless Tobacco**
<http://mdquit.org/tobacco-information>
- ➡ **10 Ways to Resist Tobacco Cravings from the Mayo Clinic**
<http://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/nicotine-craving/art-20045454>
- ➡ **Smoke Free Teen** <https://teen.smokefree.gov/>
- ➡ **Freedom from Smoking Plus** - online quit smoking program by American Lung Association <http://www.freedomfromsmoking.org/>
- ➡ **How to Quit Smoking or Smokeless Tobacco from the American Cancer Society**
<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html>
- ➡ **Nicotine Anonymous** <https://nicotine-anonymous.org/>
- ➡ **Smoking Stinks, I Quit Kit** <http://smokingstinks.org/mobile-quitkit/>
- ➡ **MDQuit** - <https://mdquit.org/cessation-programs/youth-cessation>
- ➡ **Quit Now** - <http://makesmokinghistory.org/quit-now/>

Other Resources:

- ➔ **The Real Cost of Vaping** - <https://therealcost.betobaccofree.hhs.gov/>
- ➔ **Vapenders** - <https://www.vapenders.com/teen-vaping-issues/> - weekly online videos, closed facebook support
- ➔ **Foods that can help curb nicotine cravings:**
<http://www.livestrong.com/article/281574-foods-that-reduce-nicotine-cravings/>