Smoking Cessation Resources

If you want to	Talk to	Information you should know	Benefits
Quit smoking	(Name, number and title of local contact person from the "Quit Now NC!" website)	(Name and location of local resources from the NC Prevention Partners Smoking Cessation Referral Directory)	Many programs have been designed to help people stop smoking. Find out about the ones offered in your area.
	(Name, number and title of contact person at North Carolina Prevention Partners)		
Call a quitline	Call the NC Tobacco Quitline at 1-800-QUIT NOW (1-800-784-8669)	These quitlines are available 24 hours a day, seven days a week	Talk with a trained counselor and plan a unique quitting strategy around your smoking habits and personal concerns.
UIT NOW NC!	Call the American Cancer Society at 1-800-227-2345; choose 3 from the menu and ask for the quitline		-
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Other smoking cessation resources			- - -

Smoking Cessation Resources sample (photocopy or use editable CD version)