

Web Sites for Smoking Cessation Information



The following web sites contain interactive tools to help smokers quit and stay smoke-free. Listing of a resource does not imply endorsement by the National Institutes of Health or the NIH Work and Family Life Center.

☞ The QuitNet site is devoted to smoking cessation, and includes useful personalized e-tools and a search engine to help find local smoking cessation programs

www.quitnet.com

<http://www.quitnet.com/library/programs/>

☞ WebMD has a smoking cessation support group

http://my.webmd.com/roundtable_topic/48

☞ The American Lung Association has a quit smoking action plan and a “Freedom from Smoking” program

<http://www.lungusa.org/partner/quit/index.html>

☞ About.com has extensive smoking cessation resources, including interactive “quit meters”

<http://quitsmoking.about.com>

☞ MEDLINEplus health information from the National Institutes of Health has a smoking cessation page which provides several valuable links

<http://www.nlm.nih.gov/medlineplus/smokingcessation.html>

☞ At this site you will learn how to break down your smoking triggers, overcome your nicotine addiction, educate yourself about the health risks of smoking, and learn how to escape the cycle of quitting and then slipping up and smoking again.

<http://www.smoking-cessation.org/>

☞ The Foundation for Innovations in Nicotine Dependence (FIND) is a nonprofit corporation established to research, educate, advocate, and assist in the treatment of nicotine dependence.

<http://www.findhelp.com/>

**The NIH Work/Life Center is open from
8:30 am to 5 pm Monday through Friday.
We are located in Building 31, Room B2B47.
For further information, visit our web site at <http://wlc.od.nih.gov>
or call 301-435-1619.**