

## Smoking Cessation Resources

**There are numerous resources available to all ISU employees to assist in efforts to stop smoking. Most resources are free. We encourage you to review multiple programs to determine which program may be most effective for you.**

**Quitline Iowa** - Quitline Iowa is a toll-free, statewide smoking cessation telephone counseling hotline.

<http://www.quitlineiowa.org/> or toll-free at 800-QUIT-NOW (800-784-8669)

Provides the following services:

- **Phone Counseling.** When you call the Quitline Iowa toll-free number, a knowledgeable, friendly and supportive counselor can answer your questions about quitting smoking and help you determine how ready you are to quit. If you choose, we will help you develop an individualized quit plan to follow on your own or you can request extended one-on-one counseling during your quitting attempt.
- **Free Smoking Cessation Information.** You can request free materials to be sent to you through the mail, covering topics important to your quit attempt, such as post-quit tips, dealing with cravings, stress management and much more. If you like, a Quitline Iowa counselor can call you back in a week to see if you have any other questions.
- **Referrals.** A Quitline Iowa counselor can provide you with smoking cessation resources in your community, including local support groups, clinics, and consultants.
- **Nicotine Replace Therapy (NRT) Programs.** Iowa residents are able to receive a 2-week supply of NRT (patches or gum) through from Quitline Iowa at no cost. Studies have shown that NRT combined with cessation counseling, such as Quitline Iowa, can dramatically improve the likelihood of quitting. Call Quitline Iowa for more details. Medicaid clients are eligible for a different benefit; contact your Medicaid provider for more information.
- **Specialized Assistance.** If you are a teenager or are pregnant and would like to quit, Quitline Iowa counselors have information and resources designed specifically for you. We can also provide information if you want to support a person who is trying to quit or stay quit.

**American Cancer Society** – information and resources for quitting smoking

[http://www.cancer.org/docroot/PED/content/PED\\_10\\_13X\\_Guide\\_for\\_Quitting\\_Smoking.asp?from=fast](http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp?from=fast) or call 1-800-ACS-2345 (or 1-866-228-4327 for TTY)

**Become an Ex** - Co-sponsored by American Cancer Society. Free service.

<http://www.becomeanex.org/>

**American Lung Association** - free online smoking cessation program. Web site has links to numerous resources for smoking cessation.

<http://www.lungusa.org/> or call 800-548-8252