

Quitting Smoking

Boulder Community Health (BCH) would like to suggest resources for patients and family members who are interested in giving up smoking. You may be thinking about giving up smoking, you may have tried several times, or you may be somewhere in between. Listed below are some resources that may help you to quit.

Resources

1. Colorado QuitLine:

- The Colorado QuitLine provides support both online and over the phone. Both are free.
- When you call or visit QuitLine online, you get access to special tools and tips for quitting, along with the support of expert *Quit Coaches*. You also become part of a community of other people who are trying to become tobacco-free.
- The QuitLine also provides you with a self-help guide for quitting, follow-up phone calls from a *Quit Coach*, and a free supply of nicotine patches, gum, or lozenges.
- Their website is www.coquitline.org
- Their telephone number is 1-800-QUIT-NOW (1-800-784-8669).
- If you aren't a Colorado resident, you can access the QuitLine for your state by calling the number listed above. Tell them what state you live in and they will transfer you to the correct QuitLine.

2. American Cancer Society:

- Provides resources for quitting.
- Their website is <https://www.cancer.org/healthy/stay-away-from-tobacco.html>
- Their telephone number is 1-800-282-4914

3. American Heart Association:

- Provides resources for quitting.
- Their website is https://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuitSmoking_UCM_001085_SubHomePage.jsp
- Their telephone number is 1-800-242-8721

4. American Lung Association:

- Provides resources for quitting.
- Their website is <http://www.lung.org/stop-smoking/?referrer=http://www.lung.org/>
- Their phone number is 1-800-LUNG-USA (1-800-5864-872)

Talk to your doctor or nurse if you have any questions or concerns.