



## Internet-Based Tobacco Cessation Interventions

### *National Cancer Institute Programs for becoming Smoke-free*

<https://smokefree.gov/>

Offers live chat and phone calls with National Cancer Institute counselors. Provides information about the dangers of smoking as well as comprehensive list of quitting methods, including information about cost, side effects, and evidence-based effectiveness. Allows provides comprehensive discussion of nicotine replacement therapy (NRT) use. Assists users in building a quit plan (setting a date, identifying triggers, removing reminders of smoking, reasons for quitting etc). Suggestions for smoking cessation apps. Gives resources for all stages of change (thinking of quitting, trying to quit, have already quit).

### *National Cancer Institute Live Chat*

[https://livehelp.cancer.gov/app/chat/chat\\_launch](https://livehelp.cancer.gov/app/chat/chat_launch)

Offers evidence-based interventions through live chats with trained coaches. Provides links to and frequently asked questions about NCI's chat lines for smoking cessation and cancer information.

### *Becoming an Ex*

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

With the creation of an account, offers a free personalized and evidence-based quit plan using your reasons for quitting, triggers, cessation treatments, and aids. Information about managing stress while staying quit and managing relapses. Information about myths related to medication use and NRT.

### *American Cancer Society Quit For Life®*

<https://www.quitnow.net/Program/>

The Quit For Life program, the nation's leading tobacco-cessation program, is a phone-based coaching and web-based learning support service to help smokers quit. Offers multiple outbound coaching calls, unlimited access to an online community, text messaging, printed materials, and tailored motivational emails throughout the quitting process.

### *Craving to Quit*

<https://www.cravingtoquit.com/>

Evidenced-based program that has been found to help smokers quit. Offers a mobile app to learn exercises to manage cravings, live video chat with addiction experts, online community support chat with current quitting smokers, and weekly video coaching.



## Informational Resources on Tobacco Use and Cessation

### *Quitter's Circle*

<https://www.quitlerscircle.com/quit-smoking>

News, videos and articles related to smoking cessation, support for quitters, supporting a quitter, and the health impacts of smoking. Provides online chat with healthcare providers about quitting.

### *MedlinePlus*

[Medlineplus.gov/quitting smoking](https://medlineplus.gov/quitting-smoking)

References and links about quitting plans, how to support those in a quit process, road blocks to quitting, therapies and medications. Provides links to current clinical trials and journal articles on smoking cessation.

### *Be Tobacco Free*

<https://betobaccofree.hhs.gov/>

Comprehensive evidence based information about tobacco (including smokeless and e-cigarettes), nicotine, and their negative health effects. Suggestions for talking to your doctor about cessation and links to information about supporting those quitting. Links to smokefree.gov for further cessation advice.

### *Healthy Cleveland*

<http://www.healthycle.org/ditch-tobacco/>

List of smoking cessation apps and cessation programs across Cleveland. Includes information on eating healthy, being active, and behavioral health resources. Provides evidenced based information about general health and wellness and offers links to other cessation services across Northeastern Ohio.



## Tobacco Cessation Mobile Apps

### *quitStart*

Evidence-based guide to quitting created by the National Cancer Institute. Provides tips and information to plan for quitting, monitors user progress with badges and achievements, assists with slips and relapses, manages cravings in health ways, and uses games and challenges to help distract from cravings.

### *SmartQuit*

Based on acceptance and commitment therapy, SmartQuit has demonstrated efficacy in a randomized clinical trial pilot study. Allows users to create a quit plan that assists in recognition of urges and teaches user to let urges go without fighting them through daily practice exercises.

### *Quit Guide*

Written by tobacco control professionals and cessation counselors with the help of ex-smokers and experts. Use evidence based techniques to help users track moods, cravings, triggers, money saved, days quit, etc. Provides motivation by unlocking achievements as users remain tobacco-free.

### *Livestrong: My Quit Coach*

Users track cravings, quit progress, time and money saved, as well as relapses. Provides motivation by unlocking cessation-related achievements.

### *Quitter's Circle*

Created by the American Lung Association and Pfizer. Guides users through their custom quit plan as well as providing supporters with resources to assist the quitter in their life. Allows users to build a support team through the app to provide them with daily encouragement.