

PREVENTION & CESSATION

Want to Quit?

Get support online! Visit TEPC's [blog!](#)

OR CALL:



Prevention.education@valpo.edu (219) 464-5480 Indiana Tobacco Quitline:
1-800-QUIT-NOW

OTHER WEBSITES

www.quitnet.com www.smokefree.gov www.nicotine-anonymous.org

CESSATION WEBSITES FOR TEENS

NicotineFreeKids	http://www.nicotinefreekids.com/
QuitDoingIt.com	http://www.quitdoingit.com
Aspire	http://bit.ly/4bnRd
QWeb	http://www.qweb.org/teen/index.html
Gotta Quit	http://www.gottaquit.com/
NoButts	http://www.nobutts.ucsd.edu

CESSATION RESOURCES

If you are interested in quitting, a number of resources are available to help you quit, including:

[Valparaiso University Student Counseling Center](#) (219) 464-5002

[Indiana Tobacco Quitline](#) (1-800-QUIT NOW). This is a free resource to Indiana residents ages 18 and older. The quitline offers 2 free weeks of nicotine

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replacement therapy (either in the form of patch or gum), plus individual sessions with your own quit coach. They can also give you a list of local cessation resources. Porter Hospital 219-263-4673 (weekly support sessions are open to the public are held from every Thursday at 6:00 pm at Porter Hospital Valparaiso).

Go to SmokeFree.gov for a great Web site sponsored by various government agencies. Reasons to quit, how to prepare to quit, managing cravings, determining your "triggers," information about various smoking cessation aids, a publication geared just for African American smokers and more are offered at this site. It also offers telephone counseling in both English and Spanish.

Quitnet offers a way to devise your own quit plan, forums where you can communicate with others and expert advice. They also have information in Spanish and an online chat area where Quitnet members can go "when you need help right now."

There's a great site especially for college students at www.tobaccofreeu.org.

The American Lung Association, whose Web site is in both English and Spanish, has an online smoking cessation program called "Freedom from Smoking" that can be accessed by going to the website. The site also has great information on steps to take when you're planning to quit. If you would like to use printed guides or attend smoking cessation sessions, contact the local office of the American Lung Association at (317) 573-3900.

The Center for Disease Control Web site, in both English and Spanish, has educational information and information on how to quit.

The Agency for Healthcare Research and Quality has information on five keys to quitting and much more.

Circle of Friends is a grassroots movement that highlights the toll of tobacco-related disease on women.

Arizona has a good Web site with the steps to quitting, but ONLY Arizona residents can use the free quitline that is listed. Indiana residents can access the Indiana Tobacco QuitLine.

Women who are pregnant and quit smoking are more likely to go full-term and give their babies more oxygen and a chance to have good lung function and normal birth weight. After birth, smoking cessation means that you lower the baby's chances of sudden infant death syndrome (SIDS) and lung-related infections. If you are looking for specific information about pregnancy and smoking, go to Great Start; National Partners to Help Pregnant Smokers; or call toll-free 1 (866) 66-START (78278).

Tobacco Free Nurses

Nicotine Anonymous is a fellowship of men and women helping each other to live free of nicotine. There are no dues or fees. The only requirement for membership is the desire to be free of nicotine.

The National Cancer Institute has a toll-free quitline in English and Spanish. The toll-free number is 1 (877) 44U-QUIT (7848) and it is available Monday-Friday, 9am - 4:30pm, local time.

Your personal primary care physician can also assist you in quitting.

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