

Five Counties for Tobacco-Free Living

Resources for Quitting Tobacco



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Five Counties for Tobacco-Free Living provides updated information about youth tobacco prevention, smoke-free housing, quit tobacco resources for workplaces and individuals, as well as asthma triggers home walk-through program.

<http://www.tobaccofreelivingfdl.com>

Wisconsin Quit Line:

1-800-QUIT-NOW is Wisconsin's Tobacco Quit Line that has helped more than 130,000 smokers quit smoking since 2001 by providing free, confidential coaching and helping their callers make a plan to quit for good.

<http://www.ctri.wisc.edu/quitline.htm>

First Breath - Wisconsin Women's Health Foundation

First Breath helps women quit smoking during pregnancy by training health care providers to deliver evidence-based tobacco cessation counseling as part of existing prenatal health care.

<https://www.wwhf.org/first-breath/>

WiNTiP - Wisconsin Nicotine Treatment Integration Project

This program encourages and trains health care professionals to deliver evidence-based nicotine dependence treatment within all AODA and mental health care systems in Wisconsin.

<http://www.wisconsinwintip.com>

Nicotine Anonymous <https://nicotine-anonymous.org/>

American Lung Association <http://www.freedomfromsmoking.org/>

SmokeFree Veterans <https://www.facebook.com/smokefreevet>

Smokeless Tobacco <http://mylastdip.com/>

SmokeFree 60+ <https://60plus.smokefree.gov/>

Quit for Life” Facebook page that offers great on-line social support: <https://www.facebook.com/quitforlife?fref=ts>

FreshStart Free Facilitator Training <https://www.acsworkplacesolutions.com/freshstart.asp>

Apps <https://smokefree.gov/apps-quitguide>

Virtual Meeting Options

[Facebook Live](#)

[Google Hangouts](#) (group calls for up to 10 people)

[Skype](#) (free for everyone who has a Skype account, hosts up to 25 people)

For easy access to the on-line resources visit tobaccofreelivingfdl.com Quit Tobacco page.