RESOURCES TO HELP YOU QUIT:

Telephone counseling and nicotine patches:
- 800-QUIT-NOW (800-784-8669)

Internet help:
- QuitNowAlabama.com

Smartphone apps:
- There are dozens of quitting apps – search for “quit smoking” in your app store (such as Quitter’s Circle or quitSTART)

Coping with nicotine withdrawal:
- webmd.com/smoking-cessation/understanding-nicotine-withdrawal

Good things about quitting:
- youtube.com/watch?v=fLbQfMrIlSE