

## **FREE help for quitting smoking and other kinds of tobacco**

People who use medications *plus* coaching or counseling to quit tobacco more than double their chances of quitting for good. Research also shows that getting coaching through text messages\* also increases people's chances of successfully quitting.

### **In-person coaching program**

- MGH Community Health Associate's [Living TOBACCO-FREE](#)  
Free one-on-one coaching at MGH Charlestown, Chelsea, Everett, and Revere.  
English & Spanish. Call 781-485-6210 to make an appointment or to ask questions about tobacco and quitting.

### **Over-the-phone coaching**

- [Massachusetts Smokers' Helpline](#)  
English: 1-800-QUIT-NOW (1-800-784-8669)  
Spanish: 1-800-8DEJALO (1-800-833-5256)  
Other languages: 1-800-784-8669 (translator service)  
Deaf/TTY: 1-888-229-2182  
Or enroll on line at [KeepTryingMA.org](#)  
Provides 4 weeks of free nicotine patches to Massachusetts residents who enroll.
- [Partners](#) Employee Smoking Cessation Program  
Customized phone counseling for Partners Employees and their adult dependents.  
Call 617-724-2205 or email [PiHQ@partners.org](mailto:PiHQ@partners.org)
- [National Cancer Institute Quitline](#)  
1-877-44U-QUIT (1-877-448-7848)  
English & Spanish. Mon-Fri, 8am-8pm  
Also offers help through live on-line chat.
- [Veterans Smoking Quitline](#)  
1-855-QUIT-VET (1-855-784-8838)  
English & Spanish. Mon-Fri, 8am-8pm

### **Text messaging support\***

- Smokefree.gov text programs  
<https://smokefree.gov/smokefree-text-messaging-programs>  
Offers general text-messaging program as well as tailored text-messaging programs for pregnant women, teens, veterans, people who speak Spanish, veterans who speak Spanish, teens who want to quit smoking and teens who want to quit dip.

\*Message and data rates may apply for texting services. Check with your mobile provider.

## Online programs, support and education

- <http://becomeanex.org> – provides a comprehensive online program to help people quit as well as a supportive community of ex-smokers.
- <http://smokefree.gov> – provides education and information and a variety of tools such as texting programs, web apps, live chat with experts in English and Spanish and an on-line tool for building a quit plan.
- [Make Smoking History](#) – A program of the Massachusetts Department of Public Health. Site provides education, connection to the Massachusetts Smoker’s Helpline, and information on MassHealth coverage of quit smoking medications.



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