

Smokefree Smartphone Applications



NCI QuitPal NEW! This FREE interactive app uses proven quit strategies to assist you with giving up smoking. Set goals, track daily habits, view progress, connect with social networks, and receive motivational reminders. QuitPal was developed using the latest evidence-based smoking cessation methods and behavior change theory. Visit www.smokefree.gov to learn more.



QuitGuide Whether you are thinking about quitting, preparing to quit, or working to stay quit, keep the information you need to stay on track at your fingertips. Visit www.smokefree.gov to learn more. FREE!



Smokefree Teen QuitSTART Track your cravings and moods, monitor your progress, identify your smoking triggers, and upload personalized “pick me ups” and reminders to use during challenging times to help you successfully become and stay smokefree. Visit www.smokefree.gov to learn more. FREE!



Quitting: on your phone, on your terms.

About SmokefreeTXT: SmokefreeTXT is a mobile service designed for young adults across the United States. SmokefreeTXT was created to provide 24/7 encouragement, advice, and tips to help smokers stop smoking for good. There are 2 ways to sign up:

1. Text the word QUIT to IQUIT (47848) from your mobile phone, answer a few questions, and you'll start receiving messages.
2. Click the button to sign up at www.smokefree.gov answer a few questions, and you'll start receiving text messages.

If you pay for individual texts, this program may not be for you.* Check with your mobile provider. If you're not trying to quit smoking but you are interested in seeing how SmokefreeTXT works, we invite you to sign up. But first, please send an email for instructions on how to sign up. If you would like to unsubscribe from SmokefreeTXT, text the word **STOP** to IQUIT (47848). For help, text the word **HELP** to IQUIT (47848).



Resources to Help You QUIT

Tobacco Cessation Websites & Phone Counseling

www.smokefree.gov

mylastdip.com

www.quitnow.net/Idaho

www.ffsonline.org

women.smokefree.gov

www.becomeanex.org

teen.smokefree.gov

nihseniorhealth.gov

espanol.smokefree.gov

Idaho QITLINE: **1-800-QUIT-NOW**

www.stayquitmoms.com

National Cancer Institute: **1-877-44U-QUIT**

Free Nicotine Replacement Therapy (Gum, Patches & Lozenges)

Idaho residents age 18 and older can receive 8 weeks of nicotine replacement therapy (gum, patches, or lozenges) for FREE by calling 1-800-QUIT-NOW or by visiting www.projectfilter.org

Free Tobacco Cessation Classes/Counseling

Public Health – Idaho North Central District partners with hospitals, nurses, social workers, and others to provide free classes to help Idaho residents quit using tobacco. Call 208-799-3100 to find the location nearest you, or visit www.idahopublichealth.com.

Quitting Smokeless Tobacco

www.MyLastDip.com is a free online resource to help young smokeless tobacco users quit. It was designed specifically for teen and young adult chewers. It's based on proven and effective methods that have been tested by thousands of smokeless tobacco users.

Save Your MONEY, Save Your LIFE