



Tobacco Cessation Resources

- **Better Choices Better Health Workshop:** A 6-week self-management for adults with any chronic (ongoing) health condition, including tobacco use. The workshop focuses on self-management tools that help people reach their healthy lifestyle goals. Participants make weekly action plans to break their goals into smaller, more “doable” steps. Participants who are thinking about or trying to quit smoking can use the weekly action plan to create their step-by-step quit plan.

To learn more about the program and to find a workshop near you call 603-244-7539.

A. Quit Lines for New Hampshire Residents: The New Hampshire Department of Health and Human Services, Division of Public Health Services, Tobacco Prevention and Cessation Program, offers confidential tobacco treatment services over the phone and free of charge to New Hampshire residents who want to stop smoking cigarettes or stop using other tobacco and nicotine products, including electronic cigarettes, vapes, and/or liquid nicotine.

- **QuitNow-New Hampshire, 1-800-QUITNOW (1-800-784-8669),** is the free quit line for NH adults.
 - Enroll in the quit line by calling the number or using the tab on the website: <http://quitnownh.org/>
 - SPANISH: 1-800-8-DÉJALO (1-800-833-5256)
 - TTY 1-800-833-1477
 - Telephone coaching sessions are free of charge and confidential. The program also provides free nicotine replacement therapy, as appropriate, to those who enroll in the coaching sessions.
 - The website describes how the quit line works and has links to tip sheets, national websites, and other resources.
- **My Life, My Quit (1-855-891-9989)** is the free tobacco, e-cigarettes and vapes quit line just for teens. Teens can enroll for free of charge, confidential help by going to the website at MyLifeMyQuit.com and click to enroll or live chat with a coach, by texting “Start My Quit” to 36072, or by calling the phone number.

B. Other Tobacco Cessation Resources in New Hampshire, Massachusetts and Maine and Online Resources:

- **Wentworth-Douglass Hospital: Freedom From Smoking Program:** The American Lung Association’s Freedom from Smoking® program gives you options, resources and support to quit for good! A new session starts every 8 weeks. For more information, call 603-609-6027 or email at PFLC@WDhospital.org or visit their website: [Freedom From Smoking | Freedom From Smoking Counseling | WDH \(wdhospital.org\)](http://FreedomFromSmoking.com)



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- **For Massachusetts Residents:** Massachusetts Tobacco Cessation and Prevention Program: 1-800-QUITNOW (1-800-784-8669)

[Massachusetts Tobacco Cessation and Prevention Program \(MTCP\) | Mass.gov](#)

- **Quit Line for Maine Residents:** Call the Maine Tobacco Help Line at 1-800-QUITNOW or visit their website at The Quit Link, [Maine QuitLink | Center for Tobacco Independence \(ctimaine.org\)](#)

- **Pharmacy and Walk-in Clinic Smoking Cessation Programs**

- **Rite Aid Pharmacy: Quit for You program.** Free of charge for adults age 18 and over. Website: <https://www.riteaid.com/wellness/solution-centers/quit-smoking>
 - Free of charge, one-on-one consultations by appointment with a trained pharmacist.
 - First visit to make a personal quit plan, and follow-up visits by appointment for ongoing support.
 - A downloadable 12-page quit plan booklet is available on the website.
 - Charges would apply to any over-the-counter nicotine replacement therapy or prescription smoking cessation aids.
- **CVS Minute Clinic: Start to Stop program.** For-fee program for adults age 18 and over. Website: <https://www.cvs.com/minuteclinic/resources/smoking-cessation>
 - No appointment necessary. Walk in and sign up at the kiosk for a one-on-one consultation with a Nurse Practitioner.
 - First visit to make a personal quit plan, and follow-up visits as needed.
 - Fees are charged for the first and the follow-up visits. The website says the program accepts most health insurances. Call your insurance company to find out if you have coverage before your visit. As of this publication, fees are \$59 for the first visit and \$49 for each follow-up visit.

- **American Lung Association Freedom From Smoking Program®**

Website: [Join Freedom From Smoking | American Lung Association](#)

The program offers different options for quitting smoking, including:

- Freedom from Smoking Plus®, the online program
- Freedom from Smoking Lung Helpline®, 1-800-LUNGUSA (1-800-586-4872)
- Freedom from Smoking Self-Help Guide®

- [Smokefree.gov](#): The U.S. Department of Health and Human Service's/National Cancer Institute's smoking cessation website: [Home | Smokefree](#)
Included on the website are **Smoke-free apps**. These free apps for your smartphone offer



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help based on your smoking patterns, mood, motivation to quit, and quitting goals.

Available for iOS and Android phones. Find them at <https://smokefree.gov/tools-tips/apps>

- **QuitGuide:** helps you understand your smoking patterns and build the skills you need to become and stay smoke-free.
- **quitSTART:** takes the information you provide about your smoking history and gives you tailored tips, inspiration and challenges to help you become and stay smoke-free.

- **Breathe NH:** [Quit Smoking & Vaping :: Breathe NH](#)
 - **American Cancer Society:** [Tobacco Cessation Program | American Cancer Society](#)
- **Be Tobacco Free:** www.betobaccofree.gov

Centers for Disease Control How to Quit Smoking: [How to Quit Smoking | Quit Smoking | Tips From Former Smokers | CDC](#)