



Stamp Out Smoking Quitline 1-800-NOW-QUIT

The Stamp Out Smoking (SOS) Quitline is funded with portions of Arkansas' tobacco settlement money from the Arkansas Department of Health's Tobacco Prevention & Education Program. The SOS Quitline is a part of the campaign's new cessation program. Professional counselors at the Mayo Clinic Tobacco Quitline will provide service for the SOS Quitline.

American Cancer Society www.cancer.org 1-800-ACS-2345

The American Cancer Society provides tips, links, website message boards and audios on how to quit smoking as well as a list of other organizations which offer smoking cessation programs and services. On the website type "Cessation" in the search option.

Centers for Disease Control & Prevention <http://www.cdc.gov/tobacco/how2quit.htm>

The CDC's Tobacco Information and Prevention Source (TIPS), providing up-to-date news and research reports, magazine articles, tips for quitting, and US government publications.

National Cancer Institute Cancer Information Service <http://www.nci.nih.gov/> 1-800-4-CANCER (1-800-422-6237) or TTY 1-800-332-8615

The National Cancer Institute Cancer Information Service is a national information and education network that operates a toll-free telephone service to provide callers with the most recent scientific information in understandable language in both English and Spanish. In addition to obtaining help with quitting smoking, the Cancer Information Service may be contacted for answers to your questions about cancer, tips to prevent cancer, informational materials and other resources. The CIS shares resources on cancer programs and services in communities across the country.

QuitNet <http://www.quitnet.org>

The QuitNet offers smokers an on-line support community, forums moderated by counselors, and individually tailored advice to help individuals kick their nicotine addiction.