

Self-Help Resources

Self-help programs and materials can be an easy-to-follow way of keeping your motivation high without leaving the comforts of home. The following programs and materials are a good place to start:

- [Clearing the Air: Quit Smoking Today](#). Available from the National Cancer Institute.
- [Freedom from Smoking On-Line](#). Available from American Lung Association.
- [I Quit: What to Do When You're Sick of Smoking, Chewing, or Dipping](#). A guide for young people available from the Centers for Disease Control (CDC).
- [Pathways to Freedom: Winning the Fight against Tobacco](#). A guide specially designed to address African American individuals.
- [How to Quit](#). A listing of more reputable quit tobacco resources you can access from home.

Ask your health care providers for other reputable resources, or contact your health insurance company, local hospital, or local health clinic to see if they offer other self-help programs and materials.

