



Stop Smoking!

Resources and Support Groups

Did you know that second-hand smoke triggers asthma? It can damage your child's lungs, and make breathing even harder. Kids who are around smokers often have more asthma flare-ups and their asthma is harder to control.

Quitting is a smart move for both you and your child. You don't have to do it alone. Here are a variety of resources that can help.

A directory of NC Smoking Cessation programs, support groups and resources are available online at www.ncpreventionpartners.org

RALEIGH AREA

American Cancer Society (Raleigh office)

919-334-5218 or 1-800-ACS-2345
8300 Health Park, Suite 10
Raleigh, NC 27615
www.cancer.org

- "Guide to Quitting Smoking" participant information

Quit Tobacco Use (American Lung Association of North Carolina)

919-719-9960
514 Daniels Street, Suite 109
Raleigh, NC 27605
www.lungusa.org/associations/states/north-carolina

- Email contact: lungnc@lungusa.org
- "Freedom from Smoking" program information (www.ffsonline.org)
 - Online cessation courses available

North Carolina Tobacco Prevention and Control Branch of Department of Health and Human Services

(919) 707-5400
1932 Mail Service Center
Raleigh, NC 27699
www.tobaccopreventioncontrol.ncdhhs.gov

- Information includes video that shares quitting tips and resources for individuals seeking advice on quitting tobacco

CLAYTON AREA

Johnston County Health Department
919-989-5200 (contact: Kimetha Elliott)
517 North Brightleaf Boulevard
Smithfield, NC 27577

- Call for smoking cessation class schedule

CHAPEL HILL

Quit Now NC!

919-969-7022 or 1-866-919-7848
88 Vilcom Circle, Suite 110
Chapel Hill, NC 27514
www.quitnownc.org

- Information includes patient education and worksite wellness
- Experienced professional quit coaches assist with patient education/follow-up

ONLINE RESOURCES

NC Tobacco Use Quitline

1-800-QUIT-NOW (1-800-784-8669)
www.quitlineinc.com
Email: quitline.nc@ncmail.net

- Free and confidential
- Available 8 am to midnight daily
- Trained quit coaches help people to quit and call them back, upon request

TRU (Tobacco. Reality. Unfiltered.) NC Health and Wellness Fund

www.realityunfiltered.com
Email: realityunfiltered.nc@healthwellnc.com

- Adolescent health and smoking effects for teenagers and tips on how to quit smoking