

SCIP Smoking Cessation Resources

The following is a list of some phone numbers and websites that provide tips on smoking cessation. You should review the sites to see if they would be helpful to you or your patients.

Maryland Tobacco Quitline 1-800-QUIT-NOW (1-800-784-8669)

www.SmokingStopsHere.com

The Quitline is a FREE service provided by the MD DHMH that launched in June 2006. The Quitline provides telephone-based counseling to Maryland residents who are 18 years of age and older and who are interested in quitting smoking. The Quitline is available seven days a week, from 8:00am to midnight. Services are available in English, Spanish, and additional languages. If desired, callers can also be referred to their local health department for cessation classes, in person counseling, and upon qualification, for free medications.

Maryland Quitting Use and Initiation of Tobacco Resource Center (MDQuit)

www.MDQuit.org

MDQuit is a FREE state-of-the-art tobacco use cessation and prevention resource for health care providers, educators, and others in Maryland working to reduce the morbidity and mortality from tobacco. MDQuit has been established in collaboration with the UMBC and MD DHMH to assist programs and providers in reducing tobacco use among citizens across the state.

American Lung Association

www.lungusa.org/tobacco

Sponsored by the American Lung Association, this site provides articles and links relation to smoking cessation.

Smoke Free Families

www.smokefreefamilies.org

Established by the Robert Wood Johnson Foundation to oversee the development and evaluation of evidence-based program that follow the 5 A's of counseling.

More resources can be found at <http://www.fha.state.md.us/ohpetup/html/matcld.cfm>