

Resources for Successful Smoking Cessation

Dear [Recipient's Name],

Congratulations on your decision to quit smoking! Here are some valuable resources to assist you on your journey to a healthier, smoke-free life:

1. Support Hotlines

- **U.S. National Tobacco Quitline:** 1-800-QUIT-NOW (1-800-784-8669)
- **Smokefree.gov:** www.smokefree.gov

2. Mobile Apps

- **QuitGuide:** [App Store / Google Play]
- **SmokefreeTXT:** Text "QUIT" to 47848 for encouragement and tips

3. Printed Materials

- **CDC's Guide to Quitting:** Available at www.cdc.gov
- **American Lung Association:** brochures and fact sheets available upon request

4. Local Support Groups

Check with local health departments or community centers for support groups in your area.

Remember, quitting smoking is a journey, and it's okay to ask for help. We are here to support you every step of the way!

Sincerely,

[Your Name]

[Your Title]

[Your Organization]