



## FREE CESSATION CLASS

**CHI Memorial Center  
for Cancer Support**

423 - 495 - 7778

**Free** 8 week course

Held **online** on Zoom

New groups scheduled regularly



**CHI Memorial**

**Rees Skillern Cancer Institute**



**FREE** to all Tennessee residents!

Work with a **personal coach**  
online or over the phone!

You may be eligible for **FREE**  
NRT patches.



Scan this QR code with your  
phone's camera for more info.



## TOBACCO CESSATION

## RESOURCE GUIDE



# TEXT TO QUIT

[SMOKEFREE.GOV](https://smokefree.gov)

TEXT QUIT TO 47848

[TRUTH INITIATIVE](https://truthinitiative.org)

TEXT DITCHVAPE TO 88709



## LEARN MORE

[TOBACCO FREE CHATTANOOGA](https://tobaccofreechattanooga.org)

[TOBACCOFREECHATTANOOGA.ORG](https://tobaccofreechattanooga.org)

[CENTER FOR DISEASE CONTROL](https://cdc.gov/tobacco)

[CDC.GOV/TOBACCO](https://cdc.gov/tobacco)

[AMERICAN LUNG ASSOCIATION](https://lung.org/quit-smoking)

[LUNG.ORG/QUIT-SMOKING](https://lung.org/quit-smoking)

# READY TO QUIT?

## LEARN MORE

Talk to your doctor.

Visit [smokefree.gov](https://smokefree.gov).

Practice ways to deal with anxiety & work through cravings or set backs.

## MAKE A PLAN

Call the **Tennessee QuitLine** at

**1 - 800 - QUIT - NOW**

& make a quit plan.

## FIND SUPPORT

Tell your family, friends, & coworkers about your plan.

Join an **online support group** like [becomeanex.org](https://becomeanex.org)

## USE NRT AND CONSIDER MEDICATION

**NRT** is over-the-counter.

**Chantix & Wellbutrin** need a prescription, so ask your doctor if they are right for you.



## WHAT IS NRT?

**Nicotine Replacement Therapy (NRT)**

helps to reduce cravings & discomfort by giving a small (but controlled) amount of **nicotine**.

It **does not** contain any other dangerous chemicals found in cigarettes.

NRT includes **patches, gum, and lozenges** and is available over the counter at your pharmacy.

Using NRT can nearly **double** your chances of quitting for good!