

QUITTING RESOURCES

Please contact the North Carolina Wesleyan College Health Center at 252-985-5186 for more information.

Contact a physician, many health insurance plans offer benefits for those who wish to quit tobacco use.

Please see the **QUITTING RESOURCES** page or use the following resources.

[American Cancer Society Guide to Quitting Smoking](#)

<http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/index>

[American Lung Association How to Quit](#)

<http://www.lung.org/stop-smoking/how-to-quit/>

[Center for Disease Control -How to Quit](#)

http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm

[Tobacco Free U - preparing to quit](#)

http://www.tobaccofreeu.org/cessation/preparing_to_quit.asp

[SmokefreeNC.gov Quitline](#)

<http://www.quitlinenc.com/>

Call 1-800-quit-now or 1-800-784-8669

To occupy your hands try this free app by the American Cancer Society, **Zombie Smokeout**.

<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/zombie-smokeout-mobile-game>