

# Get Help Quitting Tobacco

Although it can be very difficult to quit tobacco, it's worth it. Check out these free apps and websites designed to help you quit - or find another way that works best for you!

## Phone Apps (Android and Apple)



**Livestrong – My Quit Coach**



**This is Quitting**



**quitSTART**



**Quit It Lite**



**Smoke Free – Quit Smoking**



**Quit Pro**

## Websites

### **CDC.gov/tobacco/quit\_smoking**

5 tips for quitting and other resources

### **SmokeFree.gov**

Sign up for texts and get help making a quit plan

### **PositivelySmokeFree.com**

Smoking cessation program for people living with HIV/AIDS

### **BecomeanEx.org**

Information to help relearn life without tobacco

### **Cancer.org**

(Click on "Stay Healthy," then "Stay Away from Tobacco")

Learn more about the importance of quitting now

### **KilltheCan.org**

Help to quit chew or dip



BoulderCountyTobacco.org

# Help is here!

