

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 MyQuit Coach



Quitter's Circle



quitSTART - Quit Smoking



Quit It Lite



Smoke Free - Quit Smoking Now



QuitGuide - Quit Smoking

Websites

[CDC.gov/tobacco/quit_smoking](https://www.cdc.gov/tobacco/quit_smoking)

5 tips for quitting and other resources

[SmokeFree.gov](https://www.smokefree.gov)

Sign up for text program and get help making a personalized quit plan

[Lung.org/stop-smoking/](https://www.lung.org/stop-smoking/)

Learn about the importance of quitting, and get tips and tools on how to quit

[BecomeanEx.org](https://www.becomeanex.org)

Create a quit plan, get expert tips, and receive social support from the EX community

[PositivelySmokeFree.com](https://www.positivelysmokefree.com)

Smoking cessation program for people living with HIV/AIDS

[KilltheCan.org](https://www.killthecan.org)

Help to quit chew or dip



[BoulderCountyTobacco.org](https://www.BoulderCountyTobacco.org)

Help is here!

