

# Resources for Tobacco/Nicotine Dependence Recovery

The *Massachusetts Tobacco Cessation and Prevention Program* (MTCP) is dedicated to reducing the health and economic burdens of tobacco use. They offer the following resources:

[www.makesmokinghistory.org](http://www.makesmokinghistory.org) – Resources and statewide information, including on e-cigarettes/vaping

**MA SMOKERS HELPLINE: Free telephone counseling 1-800-QUIT-NOW** (1-800-784-8689)

**Spanish:** 1-800-8-Dejalo (1-800-833-5256)

**TTY:** 1-800-833-1477

[www.maclearinghouse.com](http://www.maclearinghouse.com) – FREE EDUCATIONAL MATERIALS from the Massachusetts Health Promotion Clearinghouse. *Funded by Massachusetts Department of Public Health*

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## NICOTINE ANONYMOUS: 12 STEP FELLOWSHIP

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Nicotine Anonymous welcomes those seeking freedom from nicotine addiction, including those using nicotine withdrawal aids & cessation programs. The fellowship offers group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. On-line and in-person meetings are available. **Check website for more information.**

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## NATIONAL CANCER INSTITUTE WEBSITES

<http://smokefree.gov> *Offers resources and tools to quit smoking*

<http://espanol.smokefree.gov> *Spanish language website*

<http://women.smokefree.gov> *Focus on women and smoking*

<http://teen.smokefree.gov> *Focus on youth and smoking*

<https://60plus.smokefree.gov/> *Focus on older adults*

<https://smokefree.gov/veterans> *Focus on veterans*

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## CENTERS FOR DISEASE CONTROL AND PREVENTION

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco) *Offers materials and fact sheets in English and Spanish*

## FOOD AND DRUG ADMINISTRATION

<https://digitalmedia.hhs.gov/tobacco/> *FREE Print and Digital Educational Materials*

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## TOBACCO DEPENDENCE AND CO-OCCURRING DISORDERS

### Smoking Cessation Leadership Center

<http://smokingcessationleadership.ucsf.edu/>

SCLC works to increase smoking cessation rates and increase the number of health professional who help smokers quit; handouts, resources and peer curriculums available on website.

### National Behavioral Health Network for Tobacco & Cancer Control

<http://bhthechange.org/>

NBHN provides resources and convenes communities with a goal of improving the overall health and wellness of people with mental illness and addictions focused on eliminating cancer and tobacco disparities.

### Tobacco Recovery Resource Exchange

<https://tobaccorecovery.oasas.ny.gov/>

The Exchange offers free downloadable resources and tools to implement tobacco education, treatment, and policies in chemical dependence prevention and treatment programs, including group treatment curricula.

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349 BROADWAY, CAMBRIDGE, MA 02139 – (617) 661-3991  
WWW.HEALTHRECOVERY.ORG/PROJECTS/TAPE-PROJECT/



## ADDRESSING WOMEN'S SMOKING AND PREGNANCY/POST-PARTUM

[www.pregnets.org](http://www.pregnets.org)

[www.smokingcessationandpregnancy.org](http://www.smokingcessationandpregnancy.org)

[www.becomeanex.org/pregnant-smokers.php](http://www.becomeanex.org/pregnant-smokers.php)

[www.women.smokefree.gov/pregnancy-motherhood.aspx](http://www.women.smokefree.gov/pregnancy-motherhood.aspx)

Great resources from Canada: <http://bccewh.bc.ca/category/post/tobacco/> and <http://www.expectingtoquit.ca/>

## ADDRESSING YOUTH AND YOUNG ADULT TOBACCO USE

[http://teens.drugabuse.gov/facts/facts\\_nicotine1.php](http://teens.drugabuse.gov/facts/facts_nicotine1.php)

*NIDA for Teens*

[www.tobaccofreekids.org](http://www.tobaccofreekids.org)

*Campaign for Tobacco-Free Kids*

<http://truthinitiative.org/>

*Truth Initiative®, formerly American Legacy Foundation*

[www.thetruth.com](http://www.thetruth.com)

*Campaigns funded by the Truth Initiative®*

<http://kidshealth.org>

*Resources for teens, kids, parents, and providers*

[www.the84.org](http://www.the84.org)

*Youth movement fighting Big Tobacco in Massachusetts*

<https://www.flavorshookkids.org/>

*California DPH website on teen vaping and flavors*

## ADDITIONAL RESOURCES

<https://www.becomeanex.org/> The Truth Initiative® offers a quit smoking website and online community.

<http://smokefree.gov/smokefreetxt/default.aspx> **Mobile text service** that provides 24/7 encouragement, advice, and tips to stop smoking for good (13 years and older).

<http://www.asiansmokersquitline.org/> The Asian Smokers' Quitline (ASQ): offers free and nationwide services in English, Korean, Chinese, and Vietnamese.

<http://www.naatpn.org/> The National African American Tobacco Prevention Network

<https://thisfreelife.betobaccofree.hhs.gov/> U.S. Department of Health & Human Services campaign that seeks to improve LGBT people's health by encouraging tobacco-free lifestyles.

[http://tobacco.stanford.edu/tobacco\\_main/index.php](http://tobacco.stanford.edu/tobacco_main/index.php) Stanford Research into the Impact of Tobacco Advertising (SRITA)

<https://trinketsandtrash.org/index.php> Trinkets and Trash: Artifacts of the Tobacco Epidemic, a Rutgers School of Public Health Online Surveillance System & Archive of Tobacco Products & Marketing Materials, with a search engine

Follow **IHR** and the **TAPE Project** on social media for important information and great resources:

- **FACEBOOK** <http://www.facebook.com/InstituteforHealthandRecovery>
- **TWITTER** <http://twitter.com/healthrecovery>
- **PINTEREST** <http://pinterest.com/healthrecovery>
- **Print-ready Handouts** <http://www.healthrecovery.org/resources/tobacco/>

<http://www.healthrecovery.org/trainings/on-par/> The **On-PAR Online Training**, developed by IHR's TAPE Project, assists behavioral health programs to treat tobacco dependence on par with other substance use disorders. It is **FREE** and **CEUs are available!**

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