



I Want to Quit

My Quit Day

I Recently Quit

Staying Quit

Tools & Tips

Learn about different tools to help you quit and how to use them.



Build Your Quit Plan



Smokefree Texting Programs



Using Nicotine Replacement Therapy



Smokefree Social Media



Smokefree App

ARTICLES & INFORMATION

SPOTLIGHT



Create Your Quit Plan

Being prepared boosts your chances of quitting successfully. Create your personalized quit plan now.

Start My Plan



Benefits of Quitting

Quitting smoking can help most of the major parts of your body: from your brain to your DNA.



How to Manage Cravings

When you have a craving, it's important to have a plan to beat that urge to smoke.



Get Back on Track After a Setback

Most people need multiple quit attempts to quit for good—and that's okay! Learn from your setbacks, and get closer to becoming smokefree.



Coping With Stress Without Smoking

Part of quitting is finding ways to cope without cigarettes. Try these better ways to deal with your emotions.



Using Nicotine Replacement Therapy

Medications can help you handle withdrawal and cravings, and double your chances of quitting for good.



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