



Breathing Better Living Well **No Butts About It – You Can Quit Smoking!**

On-line Resources and Forums

These are just a few of the many on-line quit resources and forums found on the Internet. Just as each person has unique needs and learning styles, each of these sites varies in the way information and support are provided.

About.Com – About Smoking Cessation

Comprehensive and up-to-date with solid info on quit aids

<http://quitsmoking.about.com/>

American Lung Association

Comprehensive information on lung disease and smoking cessation

<http://www.lungusa.org>

American Lung Association of Oregon

Includes a toll free Quit Line offering free help from people who know what you're going through. Personalized and confidential advice and support.

<http://www.lungoregon.org/quit/index.htm>

Breathing Better, Living Well

General smoking information and peer support for those trying to quit

<http://www.breathingbetterlivingwell.com>

British Lung Foundation

Loads of good info and well organized, including information on quit aids and how they work. Go to the top pull down box and go to "quitting smoking."

<http://www.lunguk.org/stopping-smoking.asp?lung=8>

Health Central – Stop Smoking Connection

Up-to-the-minute information, articles and interactive support

<http://www.healthcentral.com/stop-smoking/?ic=1102>

Love Your Lungs - Lori Palermo's Website

General smoking information, support and news

<http://www.loveyourlungsbreatheforlife.com>

The Lung Association (Canada)

Lots of great information in English as well as French.

http://www.lung.ca/protect-protegez/tobacco-tabagisme_e.php

SilkQuit

Good basic information and thorough explanations on quit smoking aids

<http://www.silkquit.org/sqmmiv/Default.aspx>

Why Quit?

Information and support for quitters, stressing the powerfully addictive nature of nicotine

<http://www.whyquit.com>

Forums

<http://forums.quitnet.com/>

<http://forums.about.com/n/pfx/forum.aspx?nav=start&webtag=ab-quitsmoking&lgnF=y>

<http://health.groups.yahoo.com/group/Quit-Smoking-Support/>

Quit Keeper – A neat little tool to keep track of your quit

<http://www.dedicatiddesigns.com/qk/>