

The Best Way To Quit

Apps, Texting Programs, Counseling, and Medications are all effective methods to help people quit smoking and tobacco. Combining two or three of these different methods will significantly increase chances of success.

Using more than one method of tobacco treatment is associated with higher rates of quitting.

We recommend combining methods. The most research backed method for tobacco treatment is Counseling + Medication. The combination of receiving counseling and using nicotine replacement products, such as the patch or gum, has proven to be the most effective way to quit for good. Anyone in the state of California can access free telephone counseling at any time by calling 1-800-NOBUTTS.

Our findings also conclude that quit rates among people who use tobacco is increased when the use of smartphone apps and texting is included as part of a tobacco treatment plan. Text message interventions have been shown to be effective and to double quit rates. One study in particular showed that text messaging combined with quitline services improve tobacco treatment rates beyond those achieved by offering comprehensive services alone. Making a range of treatment options available for smokers and tobacco users to choose from based on their experiences and preferences produces the best results.

Local Resources:

References

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QUITTING TOBACCO is the most important thing you can do to improve your health and prevent long-term disease.

This resource includes a list of new and traditional ways to quit tobacco.

Apps

The apps below are evidenced-based and shown to be effective and helpful with e-cigarettes and vapes.



No Butts

This app includes a quit plan to fit each person's individual needs, and information about effective quitting aids. No Butts also features useful tools like a personal log of smoking triggers and motivational reminders.

For now, this app is only available for iPhones. Visit nobutts.org and download it from the App Store.



QuitGuide

(by National Cancer Institute)

This app focuses on helping the adult population to quit smoking cigarettes. This is done through tracking mood, smoking triggers, and allowing the user to create journal entries.

Check out the App Store or smokefree.gov/apps-quitguide



quitStart

(by National Cancer Institute)

This app focuses on helping Youth and Young Adults to quit smoking cigarettes. It allows users to monitor progress and distract themselves with games and challenges.

Check out the App Store or <https://smokefree.gov/apps-quitstart>



This is Quitting

(by the Truth Initiative)

This app specifically targets college students through its appealing social media features that include the ability to access ideas from others on the internet.

Check out the App Store or www.thisisquitting.com

Texting Programs

Texting programs are proven to effectively reduce smoking and help people quit. The programs below include help with e-cigarettes and vapes.



The text messaging program is designed to provide the extra support that you might need while quitting smoking. During the crucial first weeks, you will receive daily text messages that include useful tips for quitting and staying quit. You can respond back to messages with questions at any time and a counselor will get back to you within one business day.

Visit nobutts.org/texting to get signed up.



(by Centers for Disease Control)

SmokefreeTXT is a 6-8 week program that sends approximately 3-5 messages a day. The text messages provide tips, advice, and encouragement to help you overcome challenges and stay motivated.

Text START to 47848 and/or visit www.smokefree.gov/smokefreetxt

On Demand Support

(by Centers for Disease Control)



This texting program provides immediate support for overcoming a cigarette craving

without having to enroll in a program. Skip the sign-up and receive immediate help to beat a cigarette craving.

On Demand Support is here to help.

Text to 47848:

CRAVE if you need help beating a craving,

MOOD if you need an emotional boost,

SLIP if you need help getting back on track after you smoke.

Counseling

Research shows that counseling is effective especially when combined with medication.

Counseling on Campus

Visit or call the health center on your college campus to make an appointment with the campus quit tobacco specialist to discuss your health and quitting during individualized quit smoking meetings. Once an appointment is made, you will receive guidance and next steps on your journey to become smoke and tobacco free. Check the back of this pamphlet for local campus resources.

1-800-NOBUTTS

(California Smokers Helpline)

Create a personalized quit plan and receive follow-up calls from a tobacco treatment specialist. Call 1-800-NOBUTTS for free telephone counseling and online help in six languages.

Medications

Nicotine Replacement Therapy

Nicotine Replacement Therapy (NRTs) provide relief of some withdrawal symptoms people experience when they quit smoking. These products include nicotine patches, gum, and lozenges. You can visit your campus health center and speak to a counselor to discuss your options.

Prescription Medications

Prescription medications such as Chantix (varenicline tartrate) and Zyban (bupropion hydrochloride) are approved by the Food and Drug Administration (FDA) as forms of tobacco treatment. A significant difference between NRTs and prescription medications are that medications do not contain nicotine.