



QUIT RESOURCES

Tobacco Use &
Nicotine Dependence

RESOURCES FOR RHODE ISLANDERS

RHODE ISLAND NICOTINE HELPLINE

Free and effective quit support available 24/7 by phone, text, and online chat. Free nicotine replacement therapy (NRT) gum, patches, or lozenges are available for those medically eligible. Services are available in English, Spanish, and other languages.



QuitNowRI.com



1-800-QUIT-NOW
1-800-784-8669

MY LIFE, MY QUIT™

Quit when you want, how you want. My Life, My Quit™ is a free and confidential way for teens to quit smoking or vaping. Receive real-time coaching support by text, web chat, or phone. It's your life, your quit.



Text "Start My Quit"
to 36072



MyLifeMyQuit.com



855-891-9989

Rhode Island Nicotine Helpline and My Life, My Quit™ are sponsored by the RI Department of Health.



FOR ADDITIONAL RESOURCES VISIT:
tobaccofree-ri.org



TOBACCO
FREE RHODE
ISLAND

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IN-PERSON RESOURCES:



THUNDERMIST HEALTH CENTER

Individual and group support, including NRT, for patients and non-patients in Woonsocket, Wakefield, and West Warwick offered in English and Spanish.



ThundermistHealth.org



401-767-4100 ext 3162



TOBACCO CESSATION SERVICES OF RI

CODAC Behavioral Healthcare provides quit programming for individuals and groups in Providence, Cranston, Newport, Pawtucket, E. Providence, Warwick, and S. Kingstown.



TCSRI.org



401-462-3538



FIT TO QUIT

An 8-week smoking cessation program that incorporates both education and exercise is available at South County Health in Wakefield.



SouthCountyHealth.org



401-782-8020 ext 3484



NICOTINE ANONYMOUS (NicA)

NicA is a peer-based 12-step program helping each other live nicotine-free lives. NicA welcomes all those seeking freedom from nicotine addiction, including those using other resources.



nicotine-anonymous.org/

TIP:

Check with your insurance provider to learn more about your specific cessation benefits

ONLINE & WEB BASED RESOURCES

BECOME AN EX

Become an Ex is an online cessation program that personalizes the quitting experience for each participant including a customized quit plan.



BecomeAnEx.org

NOT FOR ME

NOT for Me is a self-guided program that utilizes the Not On Tobacco program to help teens break nicotine dependency, whether they vape, smoke or use other tobacco products.



NotForMe.org

THIS IS QUITTING

To enroll in This is Quitting, teens and young adults text **DITCHVAPE** to 88709. You'll receive free tips, tricks, and inspiration on quitting.



thetruth.com

[http://](http://tobaccofree-ri.org)



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