

Quit Smoking E-Resources



SmokefreeTXT is a mobile text messaging service designed for adults and young adults across the United States to provide 24/7 encouragement, advice, and tips to help smokers quit smoking and stay quit. It is a 6 to 8 week program and users receive 1 to 5 messages per day and can receive additional support by texting one of SmokefreeTXT's [keywords](#).

Sign up by phone today! Text the word **QUIT** to 47848 from your mobile phone, answer a few questions, and you'll start receiving messages.

There is no additional fee for this service. However, message and data rates may apply. If you pay for individual texts, this program may not be right for you. Check with your mobile provider. To unsubscribe from SmokefreeTXT, text the word **STOP** to 47848 to end the program. For help, text the word **HELP** to 47848. More info at <http://smokefree.gov/smokefreetxt>



QuitGuide is a free app that helps you understand your smoking patterns and build the skills needed to become and stay smokefree. New to QuitGuide in 2016 is the ability to track cravings by time of day and location. Get inspirational messages for each craving you track, which keep you focused and motivated on your smokefree journey.

[QuitGuide](#) helps you:

- Track craving and slips by times of day and location
- Track your mood and smoking triggers
- Stay motivated with inspirational messages
- Identify your reasons for quitting
- Get tips and distractions for dealing with cravings and bad moods
- Monitor your progress toward achieving smokefree milestones
- Create journal entries



Available for download on:



quitSTART is a free app made for teens who want to quit smoking, but adults can use it too. This app takes the information you provide about your smoking history and gives you tailored tips, inspiration, and challenges to help you become smokefree and live a healthier life. [quitStart App\(link is external\)](#) helps you:

- Get ready to quit with tips and information to prepare you for becoming smokefree
- Monitor your progress and earn badges for smokefree milestones and other achievements
- Get back on track if you slip and smoke
- Manage cravings and bad moods in healthy ways
- Distract yourself from cravings with games and challenges
- Store helpful tips, inspirations, and challenges in your Quit Kit
- Share your progress and favorite tips through social media



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