

# Smoking Cessation

## **American Lung Association, Free online smoking cessation program**

Visit [www.lungusa.org](http://www.lungusa.org), click on the **Stop** smoking tab and scroll down to *Freedom From Smoking* online program to sign up.

## **Tobacco Prevention & Education Program (TPEP), DHS**

**Oregon Tobacco Quitline - 1(800) Quit-Now, or 1(800) 784-8669**, Main line

Chat live from 5:00 AM to 9:00 PM, 7 days a week, with a quit counselor.

1(877) 777-6534.

To chat live in Spanish, call 1(877) 2NO-FUME, or 1(877) 266-3863.

## **Centers for Disease Control and Prevention (CDC) - Youth Tobacco Cessation**

[www.cdc.gov/](http://www.cdc.gov/) - visit website to read articles.

\*This is the best-known information available at the time of printing. No reference checks or criminal background checks on listed individuals or agencies have been carried out by the Gresham-Barlow School District. Parents are advised to make their own investigation of the listed individuals and agencies to determine the appropriateness of that person or agency in assisting the family. There is no representation as to the quality or expertise of the listed individuals or agencies.

Updated 12-21-2011