

## Smoking Support Resources

### Text Messaging

Get help when you need it! Answer some questions and then get messages that encourage you, based on where you're at in your quit process. <http://smokefree.gov/smokefreetxt/>

(Normal cost of text messages still applies.)

### Support Groups

Nicotine Anonymous. <http://www.nicotine-anonymous.org/> Similar to Alcoholics Anonymous, this group follows 12 steps (with a strong support network) to support people in their quit process. Go online to find resources or a group near you.

### Mobile Apps

There are many, many quit smoking apps for both Android and iPhone. Just visit your app store (Google Play on the Android) to choose one.

Most apps track cigarette use and how much you save when you skip a cigarette or otherwise smoke less. The better apps go further to deal with what motivates you and remind you of your motivation when you are dealing with a craving. Try a few until you find one that works for you.

#### Best in Class (Evidence-Based Organizations)

- My Quit Coach (Livestrong) <http://www.livestrong.com/quit-smoking-app/>
- Smokefree QuitGuide (National Cancer Institute) <http://smokefree.gov/apps/>

#### Other Popular Apps

- Some current popular apps in the Android market:
  - 1) QuitNow! (Fewlaps)—4.6 and 2,562
  - 2) Quit Smoking (Azati)—4.1 stars and 3,047 downloads
- Some current popular apps in the iPhone store:
  - 1) Smokeless
  - 2) Quitter
  - 3) Fixnixer