

ST VINCENT'S

SWIM

# smokestoppers

## ADDITIONAL RESOURCES TO HELP YOU QUIT

1-800-QuitNow  
[www.quitnow.net/Connecticut](http://www.quitnow.net/Connecticut)

National & Connecticut Quitline

1-877-44U-QUIT  
Smokefree.gov

National Cancer Institute

1-800 ACS-2345  
[www.cancer.org](http://www.cancer.org)

American Cancer Society  
“Freshstart” Program

1-800-LUNG-USA  
[www.ffsonline.org](http://www.ffsonline.org)

American Lung Association  
“Freedom from Smoking”

[www.Becomeanex.org](http://www.Becomeanex.org)

Online Support Group

[www.Quitnet.com](http://www.Quitnet.com)

Online Support Group

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Also speak with your doctors, pharmacist, local hospital, and your city/town health departments for information on medications and cessation programs.

For more information, contact [www.swimacrossthesound.org](http://www.swimacrossthesound.org) or email [smokestoppers@swimacrossthesound.org](mailto:smokestoppers@swimacrossthesound.org)