



Cessation Resources in Rhode Island

The following resources are proven effective to help you quit smoking traditional tobacco products as well as e-cigarettes and other electronic nicotine delivery systems.

HARD, YES. IMPOSSIBLE, NO.

1-800-QUIT-NOW
(1-800-784-8669)



QuitNowRI.com



Rhode Island Smokers Helpline

Rhode Island Department of Health's Quitline

- ✓ It's free. It's personalized. It's up to you.
- ✓ Phone Counseling
- ✓ Nicotine Replacement Therapy

QuitNowRI.org  1-800-784-8669

Smoking Cessation Program

Thundermist Health Center

- ✓ Groups for patients and non-patients
- ✓ Woonsocket, Wakefield, & W. Warwick
- ✓ Program also available in Spanish

ThundermistHealth.org  401-767-4100



Tobacco Cessation Services of RI

A CODAC Behavioral Healthcare Resource

- ✓ Quit coaching for individuals
- ✓ Groups at 7 RI locations
- ✓ Training for clinicians

TCSRI.org  401-462-3538  401-789-0251



Freedom From Smoking

An American Lung Association Program

- ✓ On-line program for individuals
- ✓ Clinics for groups
- ✓ Training for clinicians

FreedomFromSmoking.org  401-533-5179



Fit to Quit

A South County Health Program

- ✓ 8 week smoking cessation program
- ✓ Incorporates education and exercise
- ✓ Follow up program available

SouthCountyHealth.org  401-782-8020 ext. 3484

Contact Tobacco Free Rhode Island with questions, to add a resource, or to update information.

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Online Cessation Resources

Please, note that the following resources are website or app based resources and are known to be more effective when paired with an in-person or telephonic program found on the first page.



Become an EX

Program by - Truth Initiative & Mayo Clinic

- ✓ Customized quit plan
- ✓ Interactive guides and tools
- ✓ Active, supportive Ex Community

🌐 BecomeAnEx.org



This Is Quitting App

Created by Truth Initiative

- ✓ Youth focused
- ✓ Quitters' post from around the internet
- ✓ Structured quitting exercises

🌐 ThisIsQuitting.com



This Is Quitting - E-cigarettes

Created by Truth Initiative | This Is Quitting

- ✓ Text **HOPE4RI** to **88709**
- ✓ Youth focused
- ✓ Free and available 24/7

🌐 Text 'HOPE4RI' to 88709

Research Studies

Please, note that the following resources are research studies and are not yet proven effective.



Quit with Brown

- ✓ Research studies on new methods for improving smoking cessation treatment.
- ✓ Treatments include medication, individual counseling, positive psychology, relaxation training, and text messaging support.

🌐 QuitWithBrown.org ☎ 401-863-6680



URI Quit Research Initiative

University of Rhode Island College of Pharmacy

- ✓ Individuals interested in quitting smoking cigarettes in the next 30 days
- ✓ Research study to quit smoking with trained URI student pharmacists
- ✓ One-on-one on-site meetings for behavioral and nicotine replacement therapy interventions

✉ URIquit@gmail.com

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