



# QUIT RESOURCES

Tobacco Use &  
Nicotine Dependence

## RESOURCES FOR RHODE ISLANDERS

### RHODE ISLAND NICOTINE HELPLINE

Free and effective quit support available 24/7 by phone, text, and online chat. Free nicotine replacement therapy (NRT) gum, patches, or lozenges are available for those medically eligible. Services are available in English, Spanish, and other languages.



[QuitNowRI.com](http://QuitNowRI.com)



1-800-QUIT-NOW  
1-800-784-8669

### MY LIFE, MY QUIT™

Quit when you want, how you want. My Life, My Quit™ is a free and confidential way for teens to quit smoking or vaping. Receive real-time coaching support by text, web chat, or phone. It's your life, your quit.



Text "Start My Quit"  
to 36072



[MyLifeMyQuit.com](http://MyLifeMyQuit.com)



855-891-9989

Rhode Island Nicotine Helpline and My Life, My Quit™ are sponsored by the RI Department of Health.



[http://](http://tobaccofree-ri.org)

FOR ADDITIONAL RESOURCES VISIT:  
[tobaccofree-ri.org](http://tobaccofree-ri.org)



TOBACCO  
FREE | RHODE  
ISLAND

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### IN-PERSON RESOURCES:



#### THUNDERMIST HEALTH CENTER

Individual and group support, including NRT, for patients and non-patients in Woonsocket, Wakefield, and West Warwick offered in English and Spanish.



[ThundermistHealth.org](http://ThundermistHealth.org)



401-767-4100 ext 3162



#### TOBACCO CESSATION SERVICES OF RI

CODAC Behavioral Healthcare provides quit programming for individuals and groups in Providence, Cranston, Newport, Pawtucket, E. Providence, Warwick, and S. Kingstown.



[TCSRI.org](http://TCSRI.org)



401-462-3538



#### FIT TO QUIT

An 8-week smoking cessation program that incorporates both education and exercise is available at South County Health in Wakefield.



[SouthCountyHealth.org](http://SouthCountyHealth.org)



401-782-8020 ext 3484



#### NICOTINE ANONYMOUS (NicA)

NicA is a peer-based 12-step program helping each other live nicotine-free lives. NicA welcomes all those seeking freedom from nicotine addiction, including those using other resources.



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

#### TIP:

Check with your insurance provider to learn more about your specific cessation benefits

### ONLINE & WEB BASED RESOURCES

#### BECOME AN EX

Become an Ex is an online cessation program that personalizes the quitting experience for each participant including a customized quit plan.



[BecomeAnEx.org](http://BecomeAnEx.org)

#### NOT FOR ME

NOT for Me is a self-guided program that utilizes the Not On Tobacco program to help teens break nicotine dependency, whether they vape, smoke or use other tobacco products.



[NotForMe.org](http://NotForMe.org)

#### THIS IS QUITTING

To enroll in This is Quitting, teens and young adults text DITCHVAPE to 88709. You'll receive free tips, tricks, and inspiration on quitting.



[thetruth.com](http://thetruth.com)

[http://](http://tobaccofree-ri.org)



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