

# Tobacco-Free Resources

**FREE for all EKU Employees**

## 1-800-Quit-Now

1-800-QUIT-NOW is a free service that can help anyone who has decided to stop using tobacco products. A trained quit coach will offer one-on-one proactive counseling for tobacco users and their friends and family who are ready to quit using tobacco products.

[www.smokefree.gov](http://www.smokefree.gov)

## BecomeAnEx.org

The Ex Plan is a free web-based quit plan based on research and practical Experience from ex smokers that helps you re-learn life without cigarettes. Users may interact online with others trying to quit and also receive help through free text messages.

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

## Nicotine Anonymous

Nicotine Anonymous is a non-profit 12 Step Fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids.

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

## Freedom from Smoking Program

Telephone Support for the American Lung Association's Freedom from Smoking Program is available at 1-800-548-8252. Online support is also available.

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

