

Maryland's

1-800



QUIT NOW

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

**Marylanders have a new way to  
live smoke-free.**

When you are  
ready to call... **1-800-784-8669**

**FREE**

**NICOTINE PATCHES  
AVAILABLE**

**The Frederick County  
Health Department has  
FREE classes.**

**Call us at...  
301-600-1755  
for more information**

This is a free service provided by the Maryland Department of Health and Mental Hygiene

**TTY # 1-877-777-6534 • OPEN 24/7**

# FREE Smoking Cessation Resources

## FREE Smoking Cessation Services in Frederick County, MD

### **Frederick County Health Department**

350 Montevue Lane, Frederick, MD 21702

Phone: 301.600.1755

**FREE nicotine patches, gum and lozenges for registered class participants.**

### **Frederick Memorial Hospital**

400 W. 7<sup>th</sup> Street, Frederick, MD 21702

Phone: 240.566.3622

**FREE nicotine patches, gum and lozenges for registered class participants.**

### **Frederick Community Action Agency**

100 East All Saints Street, Frederick, MD 21701

Phone: 301-600-1506

## Websites/Online Resources

### **Maryland's FREE telephone helpline - 1-800-QUIT-NOW**

A free, phone-based service with educational materials and coaches that can help you quit smoking or chewing tobacco. This program will send participants one month of **FREE nicotine patches** to the participant's home. Other services include a web-based service called **Web Coach®**, **Text2Quit®**, counseling support for **pregnant women**, and services for **youth ages 13 – 18**.

**Available 24 hours a day, 7 days a week.**

### **Quitnow.net/Maryland**

The State of Maryland's online cessation resource. Providing online support offered through Web Coach® and a text support program, Text2Quit. Free nicotine patches available to those who qualify.

### **Smokefree.gov**

A Web site dedicated to helping you quit smoking.

### **BecomeAnEX.org**

A free, online plan to help you quit smoking. The EX Plan quit smoking program helps you re-learn your life without cigarettes.

### **American Cancer Society Guide to Quitting Smoking**

<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index>

## Smartphone and Cell Phone Resources

### **Smokefree QuitGuide App**

<http://www.smokefree.gov/apps/>

Smokefree QuitGuide application for your smartphone available from iTunes.

Written by tobacco control professionals and cessation counselors, with the help of ex-smokers and experts, this app is designed to help you prepare to quit smoking and support you in the days and weeks after you quit.

### **Text2Quit.com**

Text2Quit is a personalized mobile coach that guides you through the quitting process.