



### **Online and Text Based Tobacco Treatment Resources for Social Distancing**

As our society struggles to deal with the effects of the Corona virus, there has never been a more critical time for those who smoke or vape to stop. Experts believe that those who smoke or vape are at a **much** greater risk from COVID-19 than those who don't.

Fortunately there are more resources available to help smokers and vapers quit than ever before! The recent Surgeon General's Report on Smoking Cessation (SGR) concluded that some newer forms of treatment, consistent with social distancing, can be very helpful. Short, interactive text message services for cessation are proven effective and web or internet based interventions can also increase success rates. These services are free and most can be used for smoking or vaping. Any of them can help smokers maintain social distance while greatly increasing their chances of successfully stopping for good, especially when combined with nicotine replacement therapy or other cessation medications.

**SmokefreeTXT:** <https://smokefree.gov/>

Provided by the CDC. SmokefreeTXT and Smokefree.gov offer many cessation options, including targeted interventions for Vets, Teens, Moms, Seniors, Spanish speakers and more. Visit the website or simply text **QUIT** to **47848** to sign up for free.

**CA Smokers' Helpline Text Message service:** <https://forms-nobutts.org/texting/>

The Smokers Helpline offers free telephone coaching, self-help materials, a text messaging program, and online help in six languages to help smokers quit. Visit the website or text **Quit Smoking** to **66819** to sign up. Or call **1-800-NO-BUTTS** for phone counseling.

**CSH Quit Vaping service:** <https://www.novapes.org/>

The Helpline also offers vaping specific interventions targeted to young people in multiple languages. To sign up visit the website, call **1-844-8-NO-VAPE**, or text "**No Vapes**" to 66819.

**QuitGuide:** <https://smokefree.gov/tools-tips/apps/quitguide>

A free app that helps smokers understand their smoking patterns and to build the skills needed to become tobacco free. Use the app to track your cravings by time of day and location, and get motivational messages for each craving you track.

**Every Try Counts:** <https://smokefree.gov/everytrycounts/>

A website dedicated to helping smokers and vapers practice quitting by taking small steps towards recovery, with links to apps and texting services.

*Bruce Baldwin is the Tobacco Treatment Coordinator for the California Health Collaborative in Chico. For other cessation options available in the region visit the North State EQUITY webpage at <https://healthcollaborative.org/north-state-equity/>*

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