



Quit 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



TCSRI

Tobacco Cessation Services of RI

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.



TobaccoFree-RI.org



Online Quit Resources

Please, note that the following resources are website or phone-based resources and are known to be more effective when paired with an in-person/telephonic programs.



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 - E-cigarettes

Created by Truth Initiative

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

 Text 'DITCHVAPE' to 88709



My Life. My Quit.

Program of RI Dept of Health

- ✓ Youth-focused, free, and confidential.
- ✓ Teens: Text "start my quit" to 36072, call 855-891-9989, or visit our website.
- ✓ Provider referrals: mylifemyquit.com/Provider_Web_Referral

 MyLifeMyQuit.com

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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