



# Cessation Resources

## in Rhode Island

**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](http://QuitNowRI.org) 1-800-784-8669



### Smoking Cessation Program

Thundermist Health Center

- ✓ Groups for patients and non-patients
- ✓ Woonsocket, Wakefield, & Westerly
- ✓ Program also available in Spanish

[ThundermistHealth.org](http://ThundermistHealth.org) 401-767-4100



### Tobacco Cessation Services of RI

A CODAC Behavioral Healthcare Resource

- ✓ Quit coaching for individuals
- ✓ Groups at 7 RI locations
- ✓ Training for clinicians

[TCSRI.org](http://TCSRI.org) 401-789-0934 401-789-0251



### Freedom From Smoking

An American Lung Association Program

- ✓ On-line program for individuals
- ✓ Clinics for groups
- ✓ Training for clinicians



[FreedomFromSmoking.org](http://FreedomFromSmoking.org) 401-533-5179

Contact Tobacco Free Rhode Island with questions, to add a resource, or to update information.



[Daniel.Fitzgerald@lung.org](mailto:Daniel.Fitzgerald@lung.org)  
[TobaccoFree-RI.org](http://TobaccoFree-RI.org)



## Online Cessation Resources



### Become an EX

Program by - Truth Initiative & Mayo Clinic

- ✓ Customized quit plan
- ✓ Interactive guides and tools
- ✓ Active, supportive Ex Community

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



### This Is Quitting - app

Created by Truth Initiative

- ✓ Youth focused
- ✓ Quitters' post from around the internet
- ✓ Structured quitting exercises

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

## Cessation Research Studies



### 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](http://QuitWithBrown.org)  401-863-6680



### URI Quit Research Initiative

University of Rhode Island College of Pharmacy

- ✓ Individuals interested in quitting smoking 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](mailto:URIquit@gmail.com)

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