

### **Wisconsin Tobacco Quit Line**

800.QUIT.NOW or 1.800.784.8669

1.877.2NO.FUME (Spanish)

1.877.777.6534 (TTY)

Quit line hours 7 a.m.to 11 p.m. daily

- Quit Line will provide a two-week supply of free medications.
  - Quit Line will provide free live coaching.
  - All clients will receive free print materials after contacting the Quit Line.
  - Clients can also participate in new Web coaching program.
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### **American Lung Association**

Freedom From Smoking On-Line Program

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

**1-800-LUNGUSA**

Freedom From Smoking Online is based on established behavior-change theory. Work through seven modules, containing five unique lessons. Download and complete activities to reinforce the messages and build commitment to quit. It's free and available 24 hours a day, seven days a week. No waiting list and the program includes an interactive message board.

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### **Carroll University Health Center**

**262.524.7233**

- The Student Health Center can give suggestions and provide resources and information to students interested in tobacco cessation.