

**Recommended FREE Resources for Quitting Support**  
• **From Smash the Ash!**

[www.becomeanex.org](http://www.becomeanex.org) Best site for making a plan to quit smoking. Has a free downloadable app for iPhone. Track your quitting info and savings!

[www.killthecan.org](http://www.killthecan.org) Best site for help with quitting smokeless tobacco.

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) Check the website for a local meeting near you. Similar to AA but for tobacco users and quitters.

[www.smokefree.gov](http://www.smokefree.gov) Great site with excellent Text 2 Quit support.

**Smokefree Women** is a Facebook group that is very helpful for women in the quit process.

**1-800-QUIT NOW** is the Ohio Quit Line. Help for smokers on Medicaid, pregnant smokers, and those without health insurance is available. Assistance may also be available if your insurance company or employer participates. Call and check; you may be able to get free patches.

**Manufacturers Help:** If you are using Chantix, Zyban, or Nicotine Replacement Therapy to quit, visit the manufacturers' website. They have quitting help, counselors, and sometimes coupons available.

**American Cancer Society** offers 'Set Yourself Free', an informational brochure on making a plan to quit smoking. Free by mail order.

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