

QUIT TOBACCO APPS FOR SMARTPHONES



QuitGuide – *iTunes and Android* – *FREE*

QuitGuide is a free app that tracks cravings, moods, slips, and smoke-free progress to help people who smoke understand their smoking patterns and build the skills needed to successfully become and stay smoke-free. QuitGuide also has a journal entry option.



SmartQuit – *iTunes and Android* – *FREE*

SmartQuit helps people who use tobacco learn new ways to deal with urges. Those who completed the required parts of this program were up to 16 times more likely to quit than those who did not. With practice, the urges fade away.



quitSTART – *iTunes and Android* – *FREE*

Developed by teen.smokefree.gov, quitSTART is an app made for teens who want to quit smoking, but adults can use it, too. This app provides tailored tips, inspiration and challenges to help people become smoke-free and live healthier lives.



Quit Smoking – QuitNow! – *iTunes and Android* – *FREE*

Quit Smoking – QuitNow real-time statistics break down the quitting process into manageable pieces. The app shows the length of time a person has been smoke-free, as well as the ways in which quitting benefits health and finances. This is a social app which can connect people who are quitting so they don't feel alone in the process. The app also allows people to share their progress with friends and family on social media.



Quit Smoking – Cessation Nation – *Android* – *FREE*

Quit Smoking – Cessation Nation allows people to see how long it's been since they stopped smoking, the amount of money they have saved, the cigarettes that have not been smoked and health improvements. It also allows people to play a fun and distracting game to help people forget about cravings.



This is Quitting – *iTunes and Android* – *FREE*

Developed by the Legacy Foundation. This app puts the whole internet in your corner while you train to quit smoking like a pro. Offers ideas from other quitters and inspiration to keep your quitting going. Learn new strategies and access free expert quit smoking counseling 24/7. Sign up with a college email account (.edu) or click the option at the bottom of the app that says "I don't have a school email, just let me in!"



QUIT TOBACCO TEXT MESSAGE PROGRAMS



SmokefreeTXT

SmokefreeTXT is a mobile text messaging service designed for adults and young adults who are quitting smoking. The program was created to provide 24/7 encouragement, advice and tips to help people who smoke quit smoking and stay quit. This program sends 2-5 text messages per day. Sign up at:

smokefree.gov/smokefreetxt.



SmokefreeMOM

SmokefreeMOM is a mobile text messaging program that provides 24/7 tips, advice, and encouragement to help pregnant women quit smoking. Sign up at:

women.smokefree.gov/smokefreemom.

