



American Heart Association.

Hard Hats with Heart™

## TOBACCO CESSATION REFERRAL GUIDE

### Quitlines

English: 1-800-QUIT-NOW (1-800-784-8669) or [www.smokefree.gov](http://www.smokefree.gov)

Spanish: 1-855-DEJELO-YA (1-855-335-3569) or [espanol.smokefree.gov](http://espanol.smokefree.gov)

Chinese: 1-800-838-8917 or [www.asiansmokersquitline.org](http://www.asiansmokersquitline.org)

Korean: 1-800-556-5564 or [www.asiansmokersquitline.org](http://www.asiansmokersquitline.org)

Vietnamese: 1-800-778-8440 or [www.asiansmokersquitline.org](http://www.asiansmokersquitline.org)

Veterans: 1-855-QUIT VET (1-855-784-8838) or [www.publichealth.va.gov/smoking](http://www.publichealth.va.gov/smoking)  
or TEXT "VET" to 47848

TTY: 1-800-332-8615

Oregon Residents: <http://www.quitnow.net/oregon>

Text service for 24/7 advice: Text HEART to 88709

For more resources, visit [Heart.org/HardHatsOR](http://Heart.org/HardHatsOR)



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### Education & Cessation Information

These organizations offer good information online and may have local resources in your area:

- American Heart Association: 1-800-AHA-USA1 or [www.heart.org](http://www.heart.org)
- American Cancer Society: 1-800-ACS-2345 (1-800-227-2345) or [www.cancer.org/healthy/stay-away-from-tobacco](http://www.cancer.org/healthy/stay-away-from-tobacco)
- American Lung Association: 1-800-LUNGUSA (1-800-586-4872) or [www.lung.org/stop-smoking](http://www.lung.org/stop-smoking)
- National Cancer Institute: 1-877-44U-QUIT (1-877-448-7848) or [www.smokefree.gov](http://www.smokefree.gov)
- Truth Initiative's Become An Ex: [www.becomeanex.org](http://www.becomeanex.org)

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