

Trying to Quit? Here's Help:

- o Quit Now Virginia (<https://www.quitnow.net/virginia/>) has coaches, resources and access to discounted gums/patches/medication for qualified participants.
- o The Help Guide (<http://www.helpguide.org/articles/addiction/how-to-quit-smoking.htm>) has a long list of strategies and tips to deal with symptoms and cravings, adapted from the Harvard Guide of Addiction. It's a very thorough resource.
- o Smokefree.gov is another very comprehensive, interactive website with guides, programs, tips, tracking, etc.
- o BecomeAnEx.org is a free, online program that helps you re-learn life without cigarettes through personalized quit plans and support from smokers and ex-smokers.
- o Quitza online social network designed to help support quitting smoking and staying cigarette-free. Join the acupuncture community there at <https://quitza.com/groups/1090/quitting-smoking-with-acupuncture>.