

Resources to Become Smoke- and Tobacco-Free

BCCC Student Support and Services

[Student Support and Wellness Services](#)

Baltimore City Health Department

[List of smoking cessation programs](#)

CareFirst QuitNet Tobacco Cessation Program

<https://dbm.maryland.gov/benefits/Documents/QuitNet%20Brochure.pdf>

Centers for Disease Control and Prevention (CDC)

https://www.cdc.gov/tobacco/quit_smoking/

Maryland's 1-800 QUIT NOW

1-800-784-8669

<https://smokingstopshere.com/>

A FREE service for Marylanders 13 years and older sponsored by the Maryland Department of Health and Mental Hygiene. The **Quitline** can help you quit any kind of tobacco use. Talk to a live Quit Coach 24 hours a day, seven days a week. Counseling is provided in English, Spanish or other languages.

Become An Ex

<https://www.becomeanex.org/>

A free digital resource to help tobacco users quit, launched in 2008 by the [Truth Initiative®](#) and the Mayo Clinic Nicotine Dependence Center. This resource includes an active social community, text and email messaging support, expert guidance and interactive quitting tools.

Smokefree.gov

<https://smokefree.gov/>

Comprehensive resource offering tools, tips and resources (in English and Spanish). Includes customized sections for veterans, women, teens and older adults

Truth Initiative®

<https://truthinitiative.org/>

University of Maryland Medical System

<https://www.umms.org/ummc/-/media/files/ummc/community/kicking-the-habit-handbook-2019.pdf>

Brochure includes helpful information about quitting smoking, as well as a list of resources and smoking cessation programs throughout Maryland.