

## STOP SMOKING RESOURCES

- **Anxiety and Health Research Laboratory, UH Psychology Dept.** is recruiting adult, daily smokers to participate in research on smoking and anxiety, and a self-quit study. Techniques include cognitive-behavioral groups and nicotine replacement therapy. Eligible participants get compensated. Funded by the National Institutes of Health. 713-743-8056.
- **1 800 QUIT NOW** Free resource supported by the tobacco settlement funds. <http://www.smokefree.gov/quitlines-faq.aspx>
- **Quit Now** [www.quitnow.net](http://www.quitnow.net) . Rather than telephone counseling, the intervention takes place online.
- **American Lung Association** Freedom from Smoking Online Program. Evidence-based on-line program, eight self-paced modules, each containing four lessons, and an interactive message board to assist you in quitting tobacco.
- **Become an Ex** [www.becomeanex.org](http://www.becomeanex.org) . The Ex Plan teaches you how to live life without cigarettes in three steps, all geared to help make the seemingly impossible possible. This free program was developed at the highly respected Mayo Clinic and is endorsed by the National Alliance for Tobacco Cessation.
- **MD Anderson Cancer Center** Multiple studies are ongoing and recruiting participants. You can expect to be paid for your time, receive reimbursement for transportation and parking, receive free medications and counseling sessions. Many studies also provide free physical exams and lab work. Call 713-792-2265.