

# Tobacco Cessation Resources – Apps and Text Messaging Services

## SmokefreeTXT



This text messaging service is designed for adults and young adults who are trying to quit smoking. The program provides 24/7 encouragement, advice, and tips to help smokers quit smoking and stay quit.

[www.Smokefree.gov/smokefreetxt/](http://www.Smokefree.gov/smokefreetxt/)

## Get Rich or Die Smoking



This app shows you what you can buy with the money you use to buy cigarettes. It charts your progress as well (Android).

## QuitSmoking-QUITNOW!



This app allows you to join a community of people who have overcome smoking. It allows you to share your achievements and chat with others (iPhone & Android).

## KWIT



This is a game that helps you quit smoking. Throughout the game, you can progress through different levels and within the levels, it provides information about the health benefits of quitting (iPhone & Android).

## QuitPRO



This app allows you to track your habits where you are more likely to smoke, for example, your mood and the times you normally smoke (iPhone & Android).

## QuitSTART



This app can help you track your cravings and moods, monitor your progress toward achieving smoke free milestones, identify your smoking triggers, and upload personalized “pick me ups” and reminders to use during challenging times to help you successfully become and stay smoke free.