

<https://smokefree.gov>

Offers live chat and phone calls with National Cancer Institute counselors. Provides information about the dangers of smoking as well as a comprehensive list of quitting methods, including information about cost, side effects, and evidence-based effectiveness. Provides comprehensive discussion of nicotine replacement therapy (NRT) use. Assists users in building a quit plan (setting a date, identifying triggers, removing reminders of smoking, reasons for quitting, etc.). Gives resources for all stages of change (thinking of quitting, trying to quit, have already quit).

[https://livehelp.cancer.gov/app/chat/chat\\_launch](https://livehelp.cancer.gov/app/chat/chat_launch)

Offers evidence-based interventions through live chats with trained coaches. Provides links to and frequently asked questions about NCI's chat lines for smoking cessation and stages of change, A National Action

