

National Tobacco Cessation Collaborative (NTCC) What Works? Microsite

What Works?

A Guide to Quit Smoking Methods

Quitting smoking is the single best thing you can do for your health and the health of the people around you. If you are planning to quit smoking, you have many choices to help you. This website has useful and independent information on which quit smoking methods work best.

COUNSELING AND SUPPORT

COMBINATION METHODS

MEDICATIONS

OTHER METHODS

COMPARE ALL METHODS (63 KB)

"I called my state quitline for support. I was able to talk with a quit coach, get advice, and even get free nicotine gum."

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COUNSELING AND SUPPORT
MEDICATIONS
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Counseling and Support

Talk with your doctor or pharmacist before beginning any medications



What Can Help Me To Quit?	How Well Does It Work?	How Much Does It Cost To Quit? ¹	Does Insurance Cover It?	Where Can I Get It?
Counseling and Support				
Counseling and Support-In Person (Individual or Group)	★★☆☆	\$ to \$\$\$	✓	Your doctor, clinic, hospital or health department
Counseling and Support-Telephone	★★☆☆	Free	No cost	Your state or local health department or quitline, such as 1-800-QUIT-NOW

CHART LEGEND

<p>¹ Cost may be free or significantly reduced if your insurance, health plan, quitline or clinic provides coverage.</p> <p>² Generic versions, store brands and other brands are available.</p> <p>³ Many quitlines provide free or low-cost medication to eligible adults. Check with your quitline.</p>	<p>★★★★ = Best</p> <p>★★★☆☆ = Better</p> <p>★★☆☆☆ = Good</p> <p>★☆☆☆☆ = Okay</p> <p>☆☆☆☆☆ = No evidence that this treatment is effective</p>	<p>\$ = under \$150</p> <p>\$\$ = \$151 - \$299</p> <p>\$\$\$ = \$300 and above</p>	<p>✓ = Yes, often covered. Check with your insurance company or health plan.</p>
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COUNSELING AND SUPPORT

Smokers who want to quit can meet a counselor in person (alone or in a group with other smokers) or talk over the phone. The counselor, also known as a coach, can give you good advice on ways to quit and support you while you are trying to quit. The more often you meet, the more likely you will be able to quit. Talking with a counselor and using quit medicines can give you the best chance of quitting (see "[Combination Methods](#)").

To increase your chances of quitting, your counselor should talk to you about:

- **Setting a date to quit.**
You will have a better chance of quitting if you pick a date when you will start your quit.
- **Recognizing danger situations.**
Identify events, feelings, or activities that increase your desire to smoke or going back to smoking once you have quit.
Examples: Being around other smokers, having an alcoholic drink, or having a cup of coffee first thing in the morning.
- **Developing coping skills.**
Identify and practice ways to control your urges to smoke. These are called "coping or problem solving skills."
Example: Learning to cope with smoking urges by distracting yourself or changing your lifestyle to reduce stress.
- **Staying informed.**
Get basic information about smoking and successful quitting.
Example: Nicotine leaves your body within 3 days of quitting smoking, and your body begins to adjust within 1-3 weeks after quitting.