



Freedom From Smoking® Gives You Freedom of Choice!



The program is available in the options listed below. You can choose the option that's best for you and your lifestyle:

Online: Freedom From Smoking® Plus (FreedomFromSmoking.org) is a highly interactive online course that works on a computer, tablet or smartphone, with telephone and online chat support from our expert tobacco cessation counselors

With a Group: In-person clinics offer personalized attention and peer support in small group settings led by a facilitator trained by the American Lung Association

On Your Own: Our award-winning self-help manual is an ideal solution for people who want to work at their own pace.

By Phone: Our Lung HelpLine supports all options by offering telephone counseling services from certified counselors (registered nurses and registered respiratory therapists) specializing in smoking cessation.

People are talking about Freedom From Smoking®!

"They gave me a quit date. I did everything they told me to do and I have never smoked again. They gave me the tools that showed me when I smoked and why I was smoking."

—Glady

"What helped me quit was knowing that the minute I craved for a cigarette, I was prepared. The other big thing was the group support. I never felt alone when I was quitting."

—Cathy

"The program was there when I was ready not to smoke. I had something to reach out for. I went to the program every week. I enjoyed that there were people to talk and to listen to."

—Steven

Learn More!

Call 1-800-LUNGUSA or visit Lung.org/ffs today.

