

SMOKING (TOBACCO/MARIJUANA) INFORMATION/RESOURCES SHEET: ADULTS AND ADOLESCENTS

General information

- [National Library of Medicine- Tobacco](#)
- [Centers for Disease and Control and Prevention - Basic Information](#)
- [NIH- Cannabis \(Marijuana\) DrugFacts](#)

Steps to Stop

- [Center for Disease Control and Prevention- How to Quit Smoking](#)
- [Mayo Clinic](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)- National Helpline](#)

Quitlines

- **Free quit help:**
 - [1-800-QUIT-NOW](#)
 - [\(1-800-784-8669\)](#)
- **In Spanish:**
 - [1-855-DÉJALO-YA](#)
 - [\(1-855-335-3569\)](#)
- **In Asian languages:**
 - Mandarin and Cantonese: [1-800-838-8917](#)
 - Korean: [1-800-556-5564](#)
 - Vietnamese: [1-800-778-8440](#)

Adolescents

- [E-cigarettes shaped like USB Flash Drive](#)
- [Smokefree Teen](#)
- [American Academy of Pediatrics- Smoking Cessation](#)
- [CDC Marijuana and Public Health](#)

Adults

- [Adult Smoking in the US](#)
- [Mayo Clinic Drug Addiction](#)
- [SAMHSA-Know the Risks of Marijuana](#)

Additional Resources

- [CDC Youth Tobacco Prevention](#)
- [Multimedia & Tools](#)
- [Reasons to Quit Smoking](#)

- [Illinois Tobacco Quitline](#)