



PATH

Population Assessment
of Tobacco and Health

A collaboration between the NIH and FDA

How to Get Help

Here are resources for the following topics:

- Smoking or other tobacco use,
- Mental health, or
- Substance use disorder.

Below is a list of telephone numbers and websites where you can get help and information on these topics. The list is not meant to be complete. You may also wish to first contact your family physician or your private health insurance provider for advice and referral.

Information on Smoking/Other Tobacco Use Resources

Smokefree.gov

Website: www.smokefree.gov

Telephone: 1-877-44U-QUIT (1-877-448-7848)

Smokefree.gov is a website created by the National Cancer Institute (NCI). The site offers the following information:

- Step-by-step quit guide,
- Tools to help you quit, and
- Talk to a smoking cessation expert at 1-877-448-7848,
- Topics related to quitting.

1-800-QUIT-NOW

Telephone: 1-800-QUIT-NOW (1-800-784-8669)

When you call 1-800-QUIT-NOW, you'll have access to many types of information and services about quitting smoking. They include the following:

- Free support and advice from an experienced counselor,
- Social support and coping strategies to help you deal with cravings, and
- A personalized quit plan and self-help materials,
- The latest information about medications to help people quit smoking.

Information on Mental Health Resources

National Suicide Prevention Lifeline

Website:
www.988lifeline.org
Telephone: 988

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Trained counselors answer within two or three rings. The website offers an online chat feature and resources for Spanish-speaking, deaf, and hard of hearing individuals.

National Alliance on Mental Illness (NAMI) HelpLine

Website: www.nami.org
Telephone: 1-800-950-NAMI
(1-800-950-6264)

The NAMI HelpLine is a free service that provides information, referrals, and support to people living with a mental health condition, family members and caregivers, mental health providers, and the public. Well trained and knowledgeable volunteers, interns, and HelpLine staff respond to calls and messages Monday through Friday, 10:00 a.m. to 10 p.m. (Eastern Time).

Veterans Crisis Line

Website: www.veteranscrisisline.net
Telephone: 988, press 1
Text: 838255

The Veterans Crisis Line is a free, anonymous, confidential resource that is available to all veterans, including those not registered with VA or enrolled in VA health care. If you're a veteran in crisis or concerned about one, caring, specially trained and experienced VA responders are standing by to help 24 hours a day, 7 days a week. The website offers an online chat feature and resources for deaf and hard of hearing individuals.

National Institute of Mental Health (NIMH) Public Inquiries

Website: www.nimh.nih.gov
Telephone: 1-866-615-6464

The public inquiries line is a toll-free call and is staffed by trained information specialists Monday through Friday, 8:30 a.m. to 5:00 p.m. (Eastern Time). Information is available on NIMH mental health research programs and on symptoms and treatment for emotional problems. NIMH does not provide referrals or counseling. NIMH publications, including several in Spanish, can be downloaded from the NIMH website. Single copies of these materials are free and may be requested by telephone or writing to NIMH.

Information on Substance Use Disorder Resources

SAMHSA's National Helpline

Website: www.samhsa.gov/find-help/national-helpline

Telephone: 1-800-662-HELP (1-800-662-4357)

This treatment and referral system is a confidential, free, 24-hour-a-day, 365-days-a-year information service in English and Spanish for individuals and family members facing substance use and mental health disorders. The service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications (many are available for download) and other print information on substance abuse and mental disorders.

Libraries are an excellent source of information about these and other health concerns. Bookstores also often have relevant materials in their “diet and health” sections.

In addition, many websites have information related to these issues. Some are better than others. Knowing if the information on a website comes from sources you can trust is important. Be careful about sharing or exchanging information online, as some websites will not keep information private.

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