

NCI's Smoking Quitline, Texts and Quitting Tools

Age Requirements

No Age Requirement

Intake Process

Call, chat, or text for help quitting.

Intake Contact Telephone

(877) 448-7848

Report Problems

Call the Agency

Self Refer

Yes

National Cancer Institute

<https://smokefree.gov/>

Main

(877) 448-7848

Toll-Free

(877) 448-7848

6116 Executive Boulevard

Suite 300

20892 MD

United States

Fee Structure

No Fee

Languages Spoken

English

,

Spanish

The National Cancer Institute's (NCI) Cancer Information Service (CIS) operates the NCI's Smoking Quitline 877-44U-QUIT (877-448-7848), which provides free cessation information and support to smokers who wish to quit. There is no charge or fee for the service. Service is provided in English and Spanish, Monday through Friday from 8:00 a.m. to 8:00 p.m. Eastern Time. Listen to recorded messages on the risks of

smoking, the benefits of quitting, and tips for quitting 24 hours per day seven days per week. Online tools including [live chat](#) and [texting](#) are available to help people quit using tobacco.

Service Area(s)

Nationwide