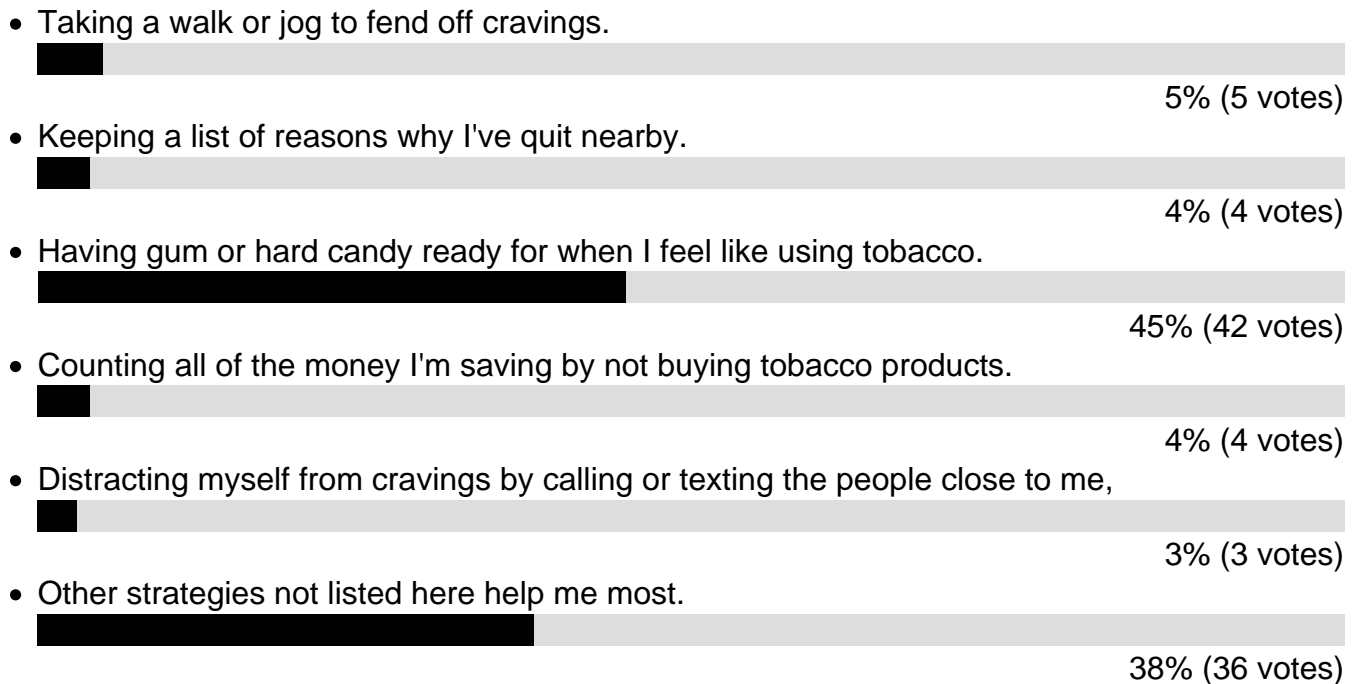


If you've quit or are trying to quit tobacco, which cessation strategies work best for you? ^[1]



Total votes: 94

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Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: <https://goaskalice.columbia.edu/polls/if-youve-quit-or-are-trying-quit-tobacco-which-cessation-strategies-work-best-you>

Links

[1] <https://goaskalice.columbia.edu/polls/if-youve-quit-or-are-trying-quit-tobacco-which-cessation-strategies-work-best-you>