



QUIT SMOKING RESOURCES

Your local health department may offer classes or services.

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The **Michigan Department of Community Health** has printable quit kits online at www.michigan.gov/tobacco.

The **Michigan Department of Community Health** offers free quit smoking telephone support through the Michigan Tobacco Quitline. Free materials, referrals to local resources and one on one telephone coaching are available. Enrollees in the coaching program may be available for free or reduced cost nicotine replacement therapy. Call 1-800-QUIT-NOW (1-800-784-8669).

American Cancer Society offers printed material and sponsors the Great American Smokeout on the third Thursday in November. Call 1-800-227-2345 or visit www.cancer.org

American Heart Association offers printed material. Call 1-800-968-2425 or visit www.americanheart.org

American Legacy Foundation offers online assistance and referrals to community programs at <http://www.becomeanex.org/>

American Lung Association offers quit smoking classes, printed material, a quit smoking website, and quit smoking class facilitator training. Call 1-800-586-4872 or www.lungusa.org. Telephone referral and quit smoking advice is available in Michigan at 1-800-548-8252.

National Cancer Institute offers a quit kit and telephone advice at 1-800-4-CANCER or at <http://cancer.gov/cancertopics/tobacco/information>

Nicotine Anonymous at (415) 750-0328 or <http://www.nicotine-anonymous.org>

QuitNet Online Smoking Cessation: www.quitnet.com. Basic services are provided free. Enhanced services can be purchased for employees.

Try To Stop: A website offered by the Massachusetts Dept of Public Health. www.trytostop.org

U.S. Public Health Service offers a free booklet, *You Can Quit Smoking*. Call 1-800-358-9295 or visit www.surgeongeneral.gov/tobacco.