

# Stop Smoking Resources



## Stop Smoking Programs - Telephone



### Michigan Tobacco Helpline

1-800-480-QUIT  
(7848)

- Free stop smoking Helpline to help people stop smoking or stop using spit tobacco
- Press “1” to speak with a personal health coach
- Health coaches work Monday through Friday
- Quit smoking Helpline gives you up to 5 calls with a personal health coach who will work with you to make a personal plan for success
- Helpline has only English speaking coaches at this time
- Paid for by a grant from the Michigan Department of Community Health

## Stop Smoking Programs - Online

### American Lung Association – Freedom From Smoking

[www.lungusa.org/ffs](http://www.lungusa.org/ffs)

- Free online stop smoking clinic
- Has 24-hour stop smoking support



### Center for Health Promotion

[www.quittobacco.org](http://www.quittobacco.org)

- Has ideas for stopping smoking
- This website uses information from the *Free & Clear* stop smoking program

### Committed Quitters

[www.committedquitters.com](http://www.committedquitters.com)

- Gives you ways to quit smoking and keep living a smoke-free life
- Gives you ways to deal with cravings coming from mind, body, and habit
- Talks about the emotional need for cigarettes, the physical addiction to nicotine, and the habit of smoking at certain times
- Paid for by GlaxoSmithKline

### National Cancer Institute

[www.smokefree.gov](http://www.smokefree.gov)

- Free online step-by-step stop smoking guide
- Created by the Tobacco Control Research Branch with money from the Centers for Disease Control and Prevention and the American Cancer Society

## National Cancer Institute's LiveHelp Smoking Cessation Assistance

[www.cancer.gov](http://www.cancer.gov)

- LiveHelp lets you have a live, online talk with an Information Specialist
- Open 9:00 AM – 10:00 PM, Monday through Friday
- Click on:



## National Institutes of Health – Interactive Health Lessons

[www.nlm.nih.gov/medlineplus/tutorial.html](http://www.nlm.nih.gov/medlineplus/tutorial.html)

- Interactive health education lessons from the Patient Education Institute
- Lessons are easy to read and use animated graphics

## QuitNet – Quit All Together

[www.quitnet.com](http://www.quitnet.com)

- Free quit smoking program
- A part of Boston University School of Public Health

## Stop Smoking Programs – In Person



### Nicotine Anonymous

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

- Free 12-step program that can help you live a nicotine free life
- Classes are in Ann Arbor, Bloomfield Hills, Grand Rapids, Hancock, Kalamazoo, Lansing, Menominee

## Stop Smoking Products



### Nicoderm CQ Product Information

<http://nicodermcq.quit.com>

- Nicotine patch available in three strengths that lets you gradually reduce the nicotine in the body
- Available over-the-counter

### Nicorette Product Information

<http://nicorette.quit.com>

- Nicotine gum that helps you stop smoking in smoking by reducing nicotine cravings and withdrawal symptoms
- Available over-the-counter

### **Nicotrol Product Information**

[www.nicotrol.com](http://www.nicotrol.com)

- Nicotrol Patch is an over-the-counter product that gives a small non-stop dose of nicotine over 16 hours
- Nicotrol Inhaler can help control your craving for cigarettes and may give the comfort of the hand-to-mouth ritual in smoking. Available by prescription only
- Nicotrol NS is a nose spray that gives you a small dose of nicotine to help with cravings to smoke. Available by prescription only

### **Zyban Product Information**

[www.zyban.com](http://www.zyban.com)

- Nicotine-free pill that can help you stop smoking
- Available by prescription only

## **More Stop Smoking Resources**



### **American Lung Association**

[www.lungusa.org/tobacco](http://www.lungusa.org/tobacco)

### **American Lung Association of Michigan**

517-484-4980 or 1-800-678-5864

[www.alam.org](http://www.alam.org)

### **Centers for Disease Control and Prevention – Tobacco Information and Prevention Source (TIPS)**

[www.cdc.gov/tobacco/cess.htm](http://www.cdc.gov/tobacco/cess.htm)

### **The Foundation for Innovations in Nicotine Dependence (FIND)**

[www.findhelp.com](http://www.findhelp.com)

### **Michigan Department of Community Health**

[www.michigan.gov/tobacco](http://www.michigan.gov/tobacco)

1-800-537-5666

### **Office of the Surgeon General – Tobacco Cessation Guideline**

[www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)

### **Professional Assisted Cessation Therapy**

[www.endsmoking.org](http://www.endsmoking.org)

### **U.S. Department of Health and Human Services and SAMHSA’s National Clearinghouse for Alcohol and Drug Information**

<http://store.health.org/catalog/results.aspx?h=drugs&topic=9>