

## MICHIGAN TOBACCO QUITLINE

A FREE bilingual call center that offers 24/7 support to adults and youth age 13-17 who qualify. This program helps you deal with the emotional, behavioral, and physical parts that make quitting so hard and guidance to:

- Prepare a quit plan
- Set a quit date
- Understand tobacco triggers
- Manage cravings
- Get back on track after relapses

### Support offered:

1. Planning and educational materials
2. Coaching by phone, email, and text
3. If eligible; nicotine quit medications (such as nicotine gum, lozenge, or patch)
4. Membership in an online community
5. Phone and online options for support

### Prenatal Program

The QuitLine also has a program specific for pregnant callers. Pregnant women receive nine counseling calls and there are also incentives for each completed call.

For more information or to sign up, call:  
**1-800-Quit Now** (1-800-784-8669)



## Ten County Service Area

**Crawford County**  
Ph: 989-348-7800

**Kalkaska County**  
Ph: 231-258-8669

**Lake County**  
Ph: 231-745-4663

**Manistee County**  
Ph: 231-723-3595

**Mason County**  
Ph: 231-845-7381

**Mecosta County**  
Ph: 231-592-0130

**Missaukee County**  
Ph: 231-839-7167

**Newaygo County**  
Ph: 231-689-7300

**Oceana County**  
Ph: 231-873-2193

**Wexford County**  
Ph: 231-775-9942

For more local health information, please visit:

[www.livewell4health.org](http://www.livewell4health.org)

**LIVE WELL**



**SPECTRUM HEALTH**



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# Want to QUIT SMOKING?



## We can help!

# RESOURCE GUIDE

to help you quit smoking,  
vaping, and using tobacco

## SMOKING CESSATION & REDUCTION IN PREGNANCY (SCRIPT)

### SCRIPT® Program

Type: Individual

Cost: FREE

SCRIPT® is an award-winning, evidence-based program shown to be effective in helping thousands of pregnant women quit smoking. It is a component of a patient education program for prenatal care providers. SCRIPT® counseling is a reimbursable service under the Patient and Affordable Care Act.

#### For more information, contact:

Karen Ripke - kripke@dhd10.org | 231-305-8659

## AMERICAN LUNG ASSOCIATION: FREEDOM FROM SMOKING

### Freedom from Smoking® Plus

Type: Online setting ([www.freedomfromsmoking.org](http://www.freedomfromsmoking.org))

Cost: \$99.95

Assistance may be available from your local American Lung Association.

Call 1-800-LUNGUSA

- 12 Months of unlimited access to the Freedom From Smoking® online program
- Live telephone and chat support from the quit-smoking specialists
- Freedom From Smoking online community
- Nine highly-interactive sessions to prepare you for Quit Day and help you stay smoke-free



## TOBACCO TREATMENT PROGRAM

### Tobacco Treatment Program

Type: Individual or small group setting

Cost: FREE (onsite employer sponsored group rates available)

Trained tobacco treatment specialists support both adults and youth on the journey to quit tobacco. We can help you develop your own specific program to quit, and understand the effects of tobacco and nicotine on your health.

Tobacco treatment specialists also work with health care providers to make sure you are getting personal medical support to help you quit. This may be in the form of nicotine replacement therapy and/or medication that helps you succeed at becoming tobacco free.

#### DHD #10 Tobacco Treatment Specialists

Crawford, Kalkaska

**Zoey Thayer:** 231-314-8627 | zthayer@dhd10.org

Manistee, Lake

**Holly Joseph:** 231-316-8558 | hjoseph@dhd10.org

Mason, Oceana

**Erin Barrett:** 231-902-8545 | ebarrett@dhd10.org

Mecosta, Newaygo

**Lacey Morris:** 231-305-8673 | lmorris@dhd10.org

Wexford, Missaukee

**Angie Gullekson:** 231-876-3813 | agullekson@dhd10.org

#### Other Local Tobacco Treatment Specialists

Munson Health Care Manistee Hospital

**Eve Skocelas:** 231-398-1824 | eskocelas@mhc.net

Spectrum Health Gerber Memorial Hospital

**Michelle Klochack:** 231-924-3275 | michelle.klochack@spectrumhealth.org

Spectrum Health Big Rapids Hospital

**Laura Rush:** 231-592-4483 | laura.cool@spectrumhealth.org

Spectrum Health Ludington Hospital

**Kelly Barnhardt:** 231-845-5770 | kelly.barnhardt@spectrumhealth.org

West Shore Community College

**Julie Page Smith:** 231-843-5949 | jsmith@westshore.edu

## OTHER RESOURCES

#### American Cancer Society:

1-800-227-2345

[www.cancer.org/healthy/stay-away-from-tobacco](http://www.cancer.org/healthy/stay-away-from-tobacco)

#### American Heart Association:

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

#### U.S. Department of Health & Human Services:

[www.betobaccofree.hhs.gov](http://www.betobaccofree.hhs.gov)

#### Michigan Department of Health & Human Services:

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

#### Centers for Disease Control & Prevention:

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

Phone app: [www.smokefree.gov/apps](http://www.smokefree.gov/apps)

#### National Cancer Institute:

1-877-44U-QUIT (1-877-448-7848) Mon-Fri 9am-9pm

Become an Ex: [www.becomeanex.org](http://www.becomeanex.org)

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

Truth Initiative: [www.thisisquitting.com](http://www.thisisquitting.com)

Text **QUIT** to **706-222-QUIT** to leave JUUL or your e-cig

Text **QUITNOW** to **202-759-6436** to quit cigarettes

#### Asian Smokers Quitline:

Korean: 1-800-556-5564

Vietnamese: 1-800-778-8440

Chinese, Cantonese, & Mandarin: 1-800-838-8917

#### Free Smart Phone Apps:

LIVESTRONG MyQuit Coach

QuitSTART

Quit Smoking: Cessation Nation

QuitNow!

Kwit

Quitters Circle

Dipquit

And many more!