

MICHIGAN TOBACCO QUITLINE

A FREE bilingual call center that offers 24/7 support to adults and youth age 13 to 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



Rev. 10/01/2020

Want to QUIT SMOKING?



We can help!

RESOURCE GUIDE

To help you quit smoking,
vaping, and using tobacco

MY LIFE MY QUIT

A FREE, confidential service for teens who want help quitting all forms of tobacco including vaping and e-cigarettes. Teens receive one-on-one coaching sessions, educational materials, and support by phone, text, or online chat.

For more information, or to sign up:
Text "Start My Quit" to 855-891-9989 or call.

SMOKING CESSATION & REDUCTION IN PREGNANCY (SCRIPT)

SCRIPT is a FREE, evidence-based program that has been effective helping thousands of pregnant women quit smoking. It is often offered as part of a prenatal care education programs. SCRIPT® counseling is a reimbursable service under the Patient and Affordable Care Act.

For more information, contact: Angie Gullekson
AGullekson@dhd10.org | 231-876-3813

AMERICAN LUNG ASSOCIATION: FREEDOM FROM SMOKING

Website: www.freedomfromsmoking.org

Cost: Online fee of \$99.95

Program offers:

- 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 interactive sessions to prepare you for Quit Day and help you stay smoke-free

For more information call: 1-800-LUNGUSA



TOBACCO TREATMENT PROGRAM

FREE, individual or group programs, where trained tobacco treatment specialists assist you on your journey to quit tobacco. We help you understand the effects of tobacco and nicotine on your health and support you as you make a personal plan to quit.

Tobacco treatment specialists work with your health care provider to get 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.

For more information email:

Quittobacco@dhd10.org or contact one of our tobacco treatment specialists below.

DHD #10 Tobacco Treatment Specialists

Holly Joseph (Manistee, Lake, Mason)

231-316-8558 | hjoseph@dhd10.org

Lacey Morris (Mecosta, Newaygo, Oceana)

231-305-8673 | lmorris@dhd10.org

Angie Gullekson

(Crawford, Kalkaska, Wexford, Missaukee)

231-876-3813 | agullekson@dhd10.org

Other Local Tobacco Treatment Specialists:

Spectrum Health Ludington Hospital

Kelly Barnhardt: 231-845-5770

kelly.barnhardt@spectrumhealth.org

Spectrum Health Gerber Memorial Hospital

Michelle Klochack: 231-924-3275

michelle.klochack@spectrumhealth.org

Westshore 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

American Heart Association:
www.americanheart.org

Michigan Department of Health & Human Services: www.michigan.gov/tobacco

Centers for Disease Control & Prevention:
www.smokefree.gov

Become an Ex: www.becomeanex.org

Truth Initiative: 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

TOP 10 FREE SMART PHONE APPS



MyQuit Coach



My Last Cigarette



Cessation Nation



SmokeFree



QuitNow!



Quit Tracker



Smoke Free



EasyQuit



Kwit



Quit It Lite

For more information about phone apps visit:

<https://www.healthline.com/health/quit-smoking/top-iphone-android-apps#quit-it-lite>