



Tobacco Cessation Resources for Patients

Your local health department or hospital may offer classes or services. For **local health department information**: call 517-485-0660, or go to www.malph.org/page.cfm/18/

The **Michigan Department of Community Health** offers **free** quit kits. To order, call 1-800-537-5666, or go to www.michigan.gov/tobacco

The **Michigan Department of Community Health** offers a **free** quit smoking coaching hotline called the **Michigan Tobacco Quitline** at 1-800-480-7848. Callers receive up to five phone sessions with a personal health coach who works with callers in the comfort of their home or office.

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

American Heart Association offers printed material. Call 1-800-242-8721. www.americanheart.org

American Legacy Foundation offers a telephone quit line for women (Circle of Friends) at 1-800-243-7000 or online at www.join-the-circle.org. They also offer a quit line for expectant mothers (Great Start) at 1-800-66-START. www.americanlegacy.org

American Lung Association offers quit smoking classes, printed material, cessation website. Call 1-800-586-4872. Telephone referral and cessation advice is available by calling 1-866-784-8937. www.lungusa.org

National Cancer Institute offers a quit kit and telephone advice at 1-877-44U-QUIT. www.cancer.gov/cancertopics/smoking

National Partnership to help Pregnant Smokers Quit offers prenatal cessation resources. www.helppregnant smokers.quit.org

Nicotine Anonymous at 415-750-0328. www.nicotine-anonymous.org

QuitNet Online Smoking Cessation www.quitnet.com

Try to Stop: A website offering an online cessation program called Quit Wizard. www.trytostop.org

U.S. Public Health Service offers a free booklet, *You Can Quit Smoking Now!* Call 1-800-QUITNOW. www.surgeongeneral.gov/tobacco