



Local Quit Resources



Berrien County Tobacco Reduction Coalition – includes updated information on smoking cessation classes. www.bctrc.org

Berrien County Health Department, 785 Pipestone, Benton Harbor, MI
Kerri Teachout 269-927-5668 Offers educational materials, video library, smoking cessation classes. Cost: \$30 per session. www.bchdmi.org

Holistic Nurse Practitioner. Barbara Starke, RN, MSN, FNP bstarke@comcast.net
269-449-4494 Auricular Acupuncture, Smoking Cessation Cost: Sliding Fee Scale, includes manual and materials.

Lakeshore Acupuncture, 3423 Hill Street, St. Joseph, MI 269-983-7545
Leah Ke – Certified Acupuncturist. Cost: \$63.00 per session averages 2 sessions.

Lakeland HealthCare, 1234 Napier Ave, St. Joseph, MI 269-556-2808
Series of free presentations and support sessions to help people quit smoking.

New Buffalo Hypnosis, 1 Madison Ave., New Buffalo, MI 269-469-9636 or 219-929-8726

State of Michigan Toll Free Smoking Quit Line 1-800-QUIT-NOW or 1-800-784-8669

National Quit Resources:

American Cancer Society offers quit tobacco resources. 1-248-663-3454 or 1-800-227-2345.
www.cancer.org

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

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

American Lung Association offers quit smoking classes, printed material, quit tobacco website. 1-800-586-4872. Also offers telephone quit advice. 1-800-548-8252. www.lungusa.org

Centers for Disease Control and Prevention has several free quit tobacco guides, booklets and fact sheets. http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm Also offers a complete website dedicated to helping tobacco users quit. www.smokefree.gov

GlaxoSmithKline offers a free telephone hotline available 8:00 a.m. – 5:00 p.m. EST on weekdays. 1-877-662-7437. Also offers free online information. www.way2quit.com or <http://www.committedquitters.com>

Michigan Department of Community Health Tobacco Section website offers a printable Michigan Smoker's Quit Kit, smokefree dining resources and much more. www.michigan.gov/tobacco. (Click "Information for Consumers" and "To Quit Tobacco.") The Michigan Tobacco Quitline offers free information and tobacco treatment referral 24 hours/day at 1-800-QUIT-NOW (1-800-784-8669). Free counseling and NRT may be available to certain callers.

National Cancer Institute offers telephone advice (1-877-448-7848, M-F, 9 am-4:30 pm) and a quit kit at: www.cancer.gov/cancertopics/smoking Online counselors available M-F, 9 am-11 pm at: www.cancer.gov/help

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

Nicotine Anonymous offers telephone support. 415-750-0328. www.nicotine-anonymous.org

Pfizer provides a personalized support plan (GET Quit) for up to one year to CHANTIX users only. www.chantix.com/support-plan.aspx. Also offer tips on quitting and planning the quit at <http://www.mytimetoquit.com> or www.letsquittogethernow.com

QuitNet offers an online quit smoking program including support from a network of ex-tobacco users. www.quitnet.com

Try to Stop offers an online quit tobacco program called Quit Wizard. www.trytostop.org

U.S. Department of Health and Human Services displays tobacco related "frequently asked questions," a quit challenge blog and much more. <http://1800quitnow.cancer.gov/>

