

Quit-Tobacco Resource 2019
New Years' Resolution: New Year New You

Kick-Butt's day Day: March 20, 2019: <https://www.kickbuttsday.org/>

The Great American Smokeout November 21, 2019: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

Quit-Tobacco Support for Ingham County Health Department Patients
Call for a one-on-one appointment: Calvin Wheeler TTS (517) 887-4597

Healthy Living: Tobacco & You
Workshops for People Living With HIV
2ND & 4TH THURSDAYS OF THE MONTH
12PM - 1:30PM
2nd Thursday Location: Forest Community Health Center
2316 S Cedar St
4th Thursday Location: 913 W Holmes Rd, STE 118
For more information or to sign up please contact
Calvin Wheeler at (517) 887-4597 or cwheeler@ingham.org

Telephone Support and Resources

Michigan Tobacco Quit Line (800) 784-8669 and <https://michigan.quitlogix.org/> Telephone support and referrals available to all callers. Extensive resources provided for Healthy Michigan Plan, uninsured, Medicaid, Medicare, Pregnant Women and Cancer Survivors. If you have private insurance, call and ask for supportive websites, apps and services available from your medical insurance provider. Telephone support and medications are available to uninsured patients and those with Ingham Health Plan. Initial intake call can take up to 20 minutes. Services are free. Program the quit-line number into your phone; calls coming in are from Colorado.

Nicotine Anonymous - clients can text (517) 455-3361 Nicotine Anonymous is a 12-step recovery model, adapted from the 12-steps and traditions of Alcoholics Anonymous. Weekly meetings are held each Wednesday at 6:00 in the Doctors Dining Room at the St. Lawrence Campus of Sparrow Hospital, located at 1210 W. Saginaw, Lansing, Michigan.

American Lung Association of Michigan (800) 586-4872 The American Lung Association has a national phone support system designed to help callers quit their tobacco addiction. Free service. Help is offered in 100+ languages with scheduled phone calls that provide encouragement

Patients with Medical Insurance Call the number on the back of your insurance card; your insurance will offer services and medication to help you quit.

Internet Resources

American Cancer Society: www.cancer.org ACS provides information, resources and quit tobacco help.

American Lung Association of Michigan: www.lungusa.org Includes Freedom From Smoking on-line.

American Heart Association: www.americanheart.org

Become an Ex: <http://www.becomeanex.org> Free Booklet, Talk to a Personal Coach, follow an on-line plan.

Central Michigan 211 - Call 211: <http://www.centralmichigan211.org/> Agencies should list their services with 211.

Michigan Department of Health and Human Services: www.michigan.gov/ tobacco State of Michigan support for quit-tobacco goals, reducing youth tobacco use, and preventing passive smoke exposure.

Smokefree.gov: www.smokefree.gov Resources can help you or someone you care about quit smoking. The information and professional assistance available on this web site can help to walk you through the process of becoming tobacco-free, connect with resources in your community, and be a support person to others.

Tobacco Free Nurses: <http://tobaccofreenurses.org> Helping nurses and their patients to stop smoking. Quit Net: www.quitnet.com Quit Net offers cessation information and support chat rooms

Specialty Services- By Community

Michigan Braille and Talking Book Library (800) 992-9012 A variety of materials to help people quit-tobacco are available free of charge to those that utilize the talking book services of the State of Michigan. Call to order the most appropriate materials

Michigan State University: Office of the University Physician: Health4U Program

Faculty/Staff/Graduate Student Employees/Retirees and Adult Benefits Eligible Dependents:

- **Health4U Program Coaching Services:** If you are having trouble quitting on your own we can help. Consider working with one of our two Tobacco Treatment Specialists to explore becoming tobacco free. Call (517) 353-2596 or email health4u@msu.edu.
 - **MSU Breathe Easy Tobacco & Nicotine Cessation Program:** The MSU Breathe Easy Program is a free tobacco and nicotine cessation program featuring behavioral, nutritional, and medical evaluation and support. Call (517) 353-2596 or email health4u@msu.edu.
 - **Michigan State University – Michigan Tobacco Quitline:** (800) QUIT-NOW/800.784.8669 or <http://www.health4u.msu.edu/files/attachment/121/original/MI%20Tobacco%20Quitline%20Flyer.pdf>
- ##### **MSU Student Health Services at Olin Health Center:**
- **Student Health Services Health Promotion Department** offers quit-tobacco support through the ATOD program. Services are free to students. Call (517) 884-6598 or email olin@msu.edu.
 - **Student Health Services Primary Care** offers quit-tobacco consultations which can be included as part of the three subsidized visits students' receive at the health center each academic year. Subsequent visits will be coordinated with the student's insurance. Call for an appointment (517) 353-4660.

Self-Help

Hypnotherapy Solutions LLC (517) 977-0798 Center located at 808 W Lake Lansing Road, Suite 202, East Lansing MI. Certified Hypnotist Rich Smith, C.Ht offers free consultation prior to sessions. A 3-session package is \$200 and includes a four-week supply of detox tea, and mp3 recording for use between sessions. Call for more information.

The Spine Center (517) 337-3080 or (888) 712-6999

The Spine Center 250 East Saginaw East Lansing, MI. Acupuncture has been used successfully to stop smoking. Acupuncture treatments address cravings, weight gain, irritability and restlessness; all symptoms that people commonly complain about when they quit. It also aids in relaxation and detoxification. You can find out more information at www.mispinecenter.com.

Mayo Clinic, Rochester, MN (800) 344-5984

Monthly 8-day Residential Treatment Program. No physician referral is necessary. Deposit is \$5,500.