

TOBACCO CESSATION COUNTY RESOURCES:

Athens County:

O'Bleness Health System in Athens is offering smoking cessation classes to assist those who are determined to quit smoking. The classes will be held on Wednesdays from 4 p.m. – 5 p.m. in O'Bleness' Lower Level Conference Rooms, for 5-weeks. The 5-week program is based on the American Cancer Society's Fresh Start Smoking Cessation program and will be facilitated by Kim Knapp-Browne or Rachel Marein. Participants will learn a positive approach to becoming a non-smoker, strategies to recover from tobacco addiction, the barriers to smoking cessation, the health benefits of choosing a smoke-free lifestyle, nicotine-replacement options, motivational exercises and techniques for stress management. All meetings are free of charge. The class is limited to 15 participants; early registration is recommended. Please call (740) 566-4800 or email stopsmoking@obleness.org for more information about the smoking cessation classes or to register.

Franklin County:

Total Wellness Concepts LLC, offers both individual and group counseling to community and corporations. Insurance billing is available. For fee information and to register, call Total Wellness Concepts LLC at (614) 414-0249.

Knox County:

The Knox County Health Department offers free cessation classes and 6 weeks of nicotine replacement therapy. For more information, contact Mike Whitaker at mwhitaker@knoxhealth.com or log on to www.knoxhealth.com.

Licking County:

The Licking Memorial Hospital Tobacco Cessation Program, Quit for Your Health, offers personalized quit plans, individual counseling and nicotine replacement therapy. Services provided by a Certified Tobacco Treatment Specialist are available for free to Licking County residents only. For more information, contact (740) 348-QUIT (7848) or <http://www.lmhealth.org/HospitalServices/TobaccoCessation.aspx>.

Lucas County:

St. Luke's Hospital Tobacco Treatment Center offers expert, evidence-based treatment and support based on the Mayo Clinic Model, for both adults and teens. Individualized and group treatment options are available. The Center also offers school-based prevention, intervention and education services. For more information, call (419) 893-QUIT (7848) or quit@promedica.org.

Montgomery County:

Premier Community Health offers free, one-on-one counseling and support with a Certified Tobacco Treatment Specialist during an 8 week program. A worksite program is also available to employers for a fee. Call (937) 227-9420 or <http://www.premiercommunityhealth.org/pchdefault.aspx?id=30554>.

Dayton Children's STAND (Stop Tobacco and Nicotine Dependency) program offers teens a five-week tobacco cessation program for a fee of \$25.00. Call (937) 641-3266 or <http://www.childrensdayton.org/cms/stand/index.html>.

Muskingum County:

Rambo Memorial Health Center offers free cessation classes and nicotine replacement therapy. Call (740) 452-5401 for a class schedule or log on to http://rambomemorialhealthcenter.org/App_Content/programs.aspx#Smoking_Cessation.

Stark County:

Alliance Community Hospital offers "Fresh Start" - a free cessation program. Call (330) 596-7100 or <http://www.achosp.org/news/smoking-cessation-program/5307>.

Aultman Hospital "Give It Up" tobacco cessation program offers free cessation group sessions led by a Certified Tobacco Treatment Specialist. Contact (330) 363-QUIT (7848) for more information or <http://www.aultman.org/healthwellness/Wellness-Resources/GiveltUp.aspx>.

Mercy Medical Center "Tobacco-Free You" program offers free individual and group cessation classes led by a tobacco treatment specialist. Worksite classes are also available for a fee. For more information call (330) 430-2759 or <http://www.cantonmercy.org/smoking-cessation>.

Summit County:

Summit County Public Health offers free cessation classes taught by a Certified Tobacco Treatment Specialist. To register, call (330) 344-2462 or to view the class schedule log on to: <http://scphoh.org/PDFS/PDF-Events/2012QuitSmokingClassSchedule.pdf>.

Washington County:

Selby General Hospital offers free cessation classes. Call (740) 374-2229 or <http://www.selbygeneral.org/tobaccoprevention>.

ONLINE RESOURCES

American Cancer Society:

To speak to a quit specialist, call 1 (800) 227-2345 or read the online Guide to Quitting Smoking: <http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index?ssSourceSiteId=null>.

The American Legacy Association:

The EX Plan is a free quit smoking program that helps you re-learn life without cigarettes. The Web site offers a free plan to quit as well as access to a virtual community and various mobile formats. <http://www.becomeanex.org/>.

American Lung Association:

N-O-T: Not on Tobacco is a program to help teens quit. <http://www.notontobacco.com/>.

Freedom From Smoking® is an online adult cessation site. <http://www.ffsonline.org/>.

Mayo Clinic:

Teen Smoking: Guide to Help your Teen Quit.

<http://www.mayoclinic.com/health/teen-smoking/TN00016>.

National Cancer Institute:

Cessation information: <http://www.smokefree.gov/>.

Teen cessation initiative <http://teen.smokefree.gov>.

Free mobile smoking text app <http://smokefree.gov/smokefreetxt/default.aspx>.

Nicotine Anonymous:

Find a meeting in your neighborhood: www.nicotine-anonymous.org.

The Ohio Tobacco Quit Line:

The Quit Line offers free cessation telephonic counseling services to uninsured Ohioans, Medicaid recipients, pregnant women and members of the Ohio Tobacco Collaborative. Eligible callers can receive two weeks of free nicotine replacement therapy.

Call 1 (800) QUIT NOW (784-8669) or log on to <http://ohio.quitlogix.org>.

To learn more about the Ohio Tobacco Collaborative click here:

<http://www.healthyohioprogram.org/healthylife/tobc2/qsmoking/collaborative.aspx>.

The resources listed on these pages are a compilation of information received at ODH about local, state and national tools available to help you quit using tobacco. The list should not be construed as an endorsement of any specific program or resource by The Ohio Department of Health. If you have information about any other cessation programs located in Ohio that should be included, please contact Dawn Ingles at (614) 728-6729 or at tobaccoprevention@odh.ohio.gov.

