



TOBACCO CESSATION RESOURCES

QUITLINES

A counselor will help you create a personalized plan to quit and offer you phone support to make your quit attempt more successful

- Free nicotine patches, gum or lozenges if appropriate
- Available to non-English speakers and the hearing impaired.

If you have one of these health plans call:

- Blue Cross and Blue Shield 1-888-662-BLUE
- Blue Plus 1-888-662-BLUE
- CCStpa 1-888-662-QUIT
- First Plan of Minnesota 1-888-662-BLUE
- HealthPartners 1-800-311-1052
- Medica 1-866-QUIT-4-LIFE
- MCHA Members 1-866-QUIT-4-LIFE
- Metropolitan Health Plan 1-800-292-2336
- PreferredOne 1-800-292-2336
- UCare Minnesota 1-888-642-5566

If you don't have one of those health plans or are uninsured call:

- QUITPLAN Services 1-888-354-PLAN
- US DHHS 1-800-QUIT-NOW
- American Cancer Society 1-800-ACS-2345
- American Lung Association 1-800-LUNG-USA

MAYO NICOTINE DEPENDENCE CENTER

-Provides evidence-based care for tobacco dependence with trained counselors

-Offers individualized consultation and customized treatment plans

- Outpatient group counseling
- Residential treatment program
- Intensive outpatient program
- Worksite programs

Address: 200 First Street SW in Rochester, MN

Contact: (507) 266-1930 or 1-800-344-5984

RESEARCH STUDIES

Contact the Mayo Nicotine Research Program
1-800-848-7853 or (507) 266-1944

SALVATION ARMY

-Weekly one-on-one 30 minute counseling sessions on Tuesdays from 5:00-7:00 p.m.

-The 12 week program is free of charge and no appointment is necessary

-Nicotine replacement therapy (inhaler, patch, gum, lozenges) and oral medications offered at no cost

Address: 120 N Broadway in Rochester, MN

Contact: (507) 529-4100

NICOTINE ANONYMOUS

-A 12-step program offering support for those who want to quit using tobacco

-Meetings on Mondays from 5:30-6:30 p.m. at the Mayo Clinic Nicotine Dependence Center on the 3rd floor of the Colonial Building

-www.nicotine-anonymous.org/

Address: 200 First Street SW in Rochester, MN

Contact: (507)-775-2074

WEBSITES ON QUITTING

-Become an Ex

www.becomeanex.org

-Smoke Free

www.smokefree.gov

-QUITPLAN

www.quitplan.com

-Quit Net

www.quitnet.com

-Freedom From Smoking Online

www.ffsonline.org

-American Cancer Society

www.cancer.org/

-American Lung Association

www.lungusa.org/stop-smoking/

-National Cancer Institute

www.cancer.gov/cancertopics/smoking

-Centers for Disease Control

www.cdc.gov/tobacco/index.htm

-Office of the Surgeon General

www.surgeongeneral.gov/tobacco/

