

Use this Pathfinder to learn more about how to quit smoking.

Resources

Counseling

UH Tobacco Treatment Counseling Program

If you would like to speak with someone to help you quit, this UH program is offered through the UH Harrington Heart and Vascular Institute. There is a fee that most insurances will cover. Call for more info or to set up an appointment at **216-896-1810**.

Websites

Smoke Free – This site offers free text messages and an app to help you quit. Info includes eating and mood issues that may come with quitting. There is a LiveHelp line to talk to an expert. Go to smokefree.gov

Become an Ex-Smoker - The free EX Plan is based on scientific research and useful advice from ex-smokers. It isn't just about quitting smoking. It's about re-learning life without cigarettes using a 3-step program. Go to becomeanex.org

Centers for Disease Control – This website has a lot of suggestions for helping you quit. It includes a Quit Guide and real life stories. There are sections for specific groups; for example, LGBT, military, different ethnic groups, and pregnant women. Go to cdc.gov/tobacco/campaign/tips

Other Resources

The Ohio Tobacco Quit Line is a free resource for people who don't have insurance, get Medicaid, pregnant women, or members of the Ohio Tobacco Collaborative. Call **1-800-QUIT-NOW** or **1-800-784-8669**.

United Way 2-1-1 – You can call or go to their website to get information about programs and resources in your community. Call 211. Or go to 211.org.

American Lung Association offers classes at sites, mostly in hospitals. Some places may charge a fee. For a list of classes, go to lung.org. In the search box, type Freedom from Smoking Clinic sites: Ohio. You can also call **1-800-LUNG-USA** or **1-800-586-4872**.

This Pathfinder is a suggested list of resources. It is not meant to be used as a substitute for medical advice or professional counseling. If you have any questions, please talk to your doctor.