

Stay Quit Tobacco Cessation Program Testimonial

“This program has helped me and it could help so many others. I have told so many people how wonderful the program was, and if it were not for this program, I don't think I would've EVER quit. I hope that this program stays so that it can help many others as it has really helped me.”
--Jennifer A.

240 Wellness Way
Washington, PA 15301
Phone: 724-250-5237
Website: www.wrcameronwellness.org

Wilfred R. Cameron Wellness Center of The Washington Hospital

1163 Country Club Rd
Monongahela, PA 15063
Phone: 724-258-1000 (main)/724-258-1321
Website: www.monvalleyhospital.com

Monongahela Valley Hospital, Inc.

Local Tobacco Cessation Resources

Be a Quitter!

Free Call.
Free Quit Coach.
Free Quit Plan.

1-800-QUIT-NOW

We can help you draw the line.

(1-800-784-8669) www.1800quitnow.org



Reprint Policy for Washington County Health Partners, Inc. (WCHP)

In general, content developed for Washington County's Tobacco Free Program materials may be reproduced in print or electronically free of charge, providing that it is credited properly. The only exception to this policy is previously published material to which we do not hold the copyright. In all cases, this content will be clearly marked with the name of the copyright holder.

The information provided is current as of February 2, 2011. If you find any of the information in error, please contact WCHP at the information listed below.

This guide is a project of Tobacco Free SWPA, funded by the Pennsylvania Department of Health.



Washington County Health Partners, Inc.
190 S. Main Street, Ste 208
Washington, PA 15301
Phone: 724-222-6511 or 1-866-904-FREE (3733)
E-mail: info@tobaccofreewashington.org
www.tobaccofreewashington.org



Please contact Washington County Health Partners at 724-222-6511, 1-866-904-FREE (3733), or info@tobaccofreewashington.org today!

Ask us about local programs to help you quit tobacco, including counseling and quit products.

- Literature and tips for quitting
- Water bottle
- Message Pen
- Bookmark
- Heart-shaped stress reliever

Contact us today to get a complimentary Tobacco Quit Kit, including:

Washington County Residents... Want to Quit Using Tobacco, But Need Help Getting Started?



Help to Quit



A Program of Washington County Health Partners



Tobacco Cessation Resources

Tobacco use is an expensive addiction. Spending \$6.00 per pack a day equals over \$2,100 a year.

Want to quit? We can help!

Help to Quit, an initiative of the Tobacco Free Program of Washington County Health Partners, promotes local, phone, and internet-based programs to help quit tobacco. Additional activities include:

- Tobacco Quit Kits (a kit to help you jump start quitting)
- Get Free Program (a tobacco cessation financial aid program)

Quitting takes practice. Try these tips for success: take deep breaths, drink a glass of water, delay five minutes, do something else--or discover more help to quit by reading this brochure!

Regional, Internet and Phone Resources

PA Free Quitline

1-800-QUIT-NOW (1-800-784-8669)

Services: Pennsylvania's Free Quitline program is offered 24 hours/7days a week as a partnership between the Pennsylvania Department of Health and Free & Clear. Based on state-of-the-art techniques in smoking cessation, the service provides counseling and structured assistance for individuals who are committed to quitting.

PA Free Quitline now serves ages 13 and older!

American Lung Association

1-800-LUNG-USA / www.lungusa.org
<http://ffsonline.org>

Services: The American Lung Association offers Freedom From Smoking® Online, a free, web-based smoking cessation program. The online program helps smokers understand their smoking addiction, while learning strategies, such as relaxation techniques, to quit smoking. Those registered can use the program's online message board to share experiences and support with other participants.

Cancer Information Service

(Smoking Quitline of the National Cancer Institute)
1-877-44U-QUIT (1-877-448-7848) / 1-800-332-8615 (TTY)
www.cancer.gov

Services: The Cancer Information Service (CIS) can help a person quit smoking, chewing tobacco and snuff with one-on-one assistance from a specially trained information specialist. The CIS can help you: learn how quitting will improve your health; understand why you smoke; discover different ways to quit; develop an action plan and stick to it; know what to expect when you quit; and deal with temporary setbacks. The service is confidential, and there is no set number of times a person can call back. CIS information specialists answer calls in English and Spanish. They take as much time as each caller needs and provide thorough and personalized attention.

ChewFree.com

www.chewfree.com

Services: A free, smokeless tobacco quitting program on the Internet. ChewFree.com addresses the special difficulties faced by spit tobacco users. Participants have access to a website containing information and quitting resources. This program is part of a research project conducted by the Oregon Research Institute.

Determined To Quit

www.determinedtoquit.com

Services: The Pennsylvania Department of Health developed DeterminedToQuit.com to provide an online community that gives smokers a multi-functional Quit Companion tool to:

1. Update and monitor their quit attempts as their quit attempt progresses;
2. Enter their lapses via email or a text message from their mobile phone;
3. Schedule messages to be delivered automatically to their cell phones at specific times to help themselves fend off potential lapses during normal smoking breaks; and
4. Receive messages of encouragement from loved ones.

Those quitting or thinking of quitting should register on DeterminedToQuit.com.

Join Together/Quitnet

www.quitnet.com

Services: The QuitNet offers smokers an online support community, access to highly trained counselors, and individually tailored advice to help them kick their nicotine addiction. Users must register and create a password.

Killthecan.org

www.killthecan.org

This site and community are designed to help people quit using smokeless tobacco. It includes all brands and types of chew, dip, snuff and spit tobacco. Kill the Can is a forum where questions get answered, fears are dispelled, and anxiety is dissipated.

MyLastDip.com

www.MyLastDip.com

Services: Web Program presents information about the risks of smokeless tobacco use, provides research-proven, practical methods for quitting, and lets participants set their own pace.

Quitsmokeless.org

www.quitsmokelessnetwork.org

Web site and online community of people who are searching for a way to break the chains of addiction from smokeless forms of tobacco products.

Smokefree.gov

www.smokefree.gov

Services: Smokefree.gov helps you or someone you care about quit smoking. Smokefree.gov allows you to choose the help that best fits your needs. You can get immediate assistance in the form of: an online, step-by-step cessation guide; telephone quitlines; instant messaging service; and publications, which may be downloaded, printed, or ordered.

Spit Tobacco: A Guide for Quitting

<http://www.nidcr.nih.gov/OralHealth/Topics/SmokelessTobacco/SmokelessTobaccoAGuideforQuitting.htm>
1-866-232-4528/nidcrinfo@mail.nih.gov

Services: This guide is intended to help people make their own plan for quitting. A lot of the advice on quitting comes from former dippers. Throughout the guide, the term spit tobacco is used instead of smokeless tobacco.

 **DETERMINED TO QUIT**.COM

