

Quitting Tobacco Guide

You Can Do It... We Can Help.... Be Tobacco Free...

Available to All Colorado Residents-Free of Charge

Colorado QuitLine: 1.800.QUIT.NOW (784.8669) or www.myquitpath.org FREE over-the-phone or online service for persons 14 and older that can be accessed from the privacy of your own home. Persons over 18 can receive FREE supplies of the nicotine patch as you work with trained coaches who create a personalized quit plan just for you. Your coach can give you the support and tools you'll need to stay quit for good. Specialized support available for pregnant women and spit tobacco users. Spanish-speaking coaches also available. Get additional support and meet others who are quitting through the QuitLine Face book and Twitter sites. Links to **SmokefreeTXT- www.smokefree.gov/smokefreetxt/** a free text service which provides motivational quit support messages for young adults.

CO Quit Mobile- www.CoQuitMobile.org

FREE text message-based quit smoking program designed to give 18-24 year old young adults instant support and coaching through cell phones. Website above used to register and enter information about personal smoking habits and quit support needed. Short messages are adjusted as progress is made. A companion app provides additional support tools.

Smokefree Teen - teen.smokefree.gov

FREE Interactive online and text quitting service by National Cancer Institute. Encourages teens to be in control of their life by understanding how and why they make health decisions.

American Lung Association's Not On Tobacco (N-O-T)

A 10-week school-based smoking cessation program for teens 14-19 years. Participants identify their reasons for smoking, healthy alternatives to tobacco use, and people who will support their efforts to quit. To locate a N-O-T program in your area, or to become a N-O-T program facilitator visit: www.lung.org/associations/states/colorado/tobacco/not-on-tobacco/

Available to Northern Larimer County Residents

Health District of Northern Larimer County: 970.224.5209. Individual and group sessions for tobacco users interested in quitting. The first session of free – the next six sessions of the program are based on a sliding fee scale for residents of Northern Larimer County. Once enrolled in the program, participants can receive FREE nicotine patches, lozenges and gum for 12 weeks. Spanish speaking tobacco treatment specialist available.

TobaccoFree
LARIMER COUNTY
Moving toward a healthier community

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