

SMOKE-FREE LIVING

Smoking Cessation Resources In Allen County

Check with your own family physician first! They are perfectly qualified to counsel and prescribe medications.

Check with your insurance provider. Many insurance carriers provide cessation services and cover medication for cessation.

Coping Strategies

2444 Cable Court, Lima

Contact: Stephanie Zimmerman, PhD (*Psychologist*)

Phone: 419-204-5677

Cessation counseling and therapy, hypnosis for smoking cessation

Lima Memorial Health Systems

1001 Bellefontaine Avenue, Lima

Contact: Rita Nees, *Respiratory Care Practitioner*

Phone: 419-226-5036

Cessation counseling available upon request by the Respiratory Care Department in individual sessions.

Blanchard Valley Health System – Bluffton Hospital

139 Garau Street, Bluffton

Contact: Bruce Parkins, *Cardiopulmonary Department*

Phone: 419-369-2309 or 419-230-4052

Individual counseling, inpatient lecture, and pamphlets.

Youth advisement available.

Tobacco Treatment Specialists – There are a number in the county who can also assist you with quitting tobacco. Call the Health Department at 419-228-4457 for a complete list.

Allen County WIC – Provides smoking cessation assistance to their pregnant mothers. Call Allen County WIC at 419-224-8200 to see if you're eligible.



Websites and Self Help Materials



Ohio Tobacco Quit Line

<http://Ohio.Quitlogix.org>

Whether you are thinking about quitting, are not yet ready to quit, or have already quit, this online support program can help you with each step of the way. Available 24 hours a day, 7 days a week, it provides the latest information and research-based tools in efforts to quit, step-by-step guides and motivational messages for cutting down and quitting tobacco.

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

The Ohio Tobacco Quit Line is Ohio's FREE tobacco quit line counseling service for those who are ready to end their tobacco addiction. It is available to uninsured Ohioans, Medicaid recipients, and pregnant women. Callers whose health plans or employers are members of the Ohio Tobacco Collaborative will also be served. All other callers will be referred back to their health plans or employers.

American Lung Association

www.lung.org/stop-smoking

Most smokers today know that smoking is bad for their health and harmful to people around them. They know they should quit but they also know it is going to be hard. This website offers resources to help smokers figure out their reasons for quitting and then take the big step of quitting for good.

HelpLine: 1-800-LUNG-USA (586-4872)

You may also email questions to: questions@alacallcenter.org.

American Cancer Society

www.cancer.org/Healthy/StayAwayfromTobacco

Quitting tobacco is not easy, but it can be done. Whether you're a smoker, someone who uses smokeless tobacco, or just someone trying to help a friend or loved one, you'll find the information you need on this website.

Become An Ex

www.becomeanex.org

The EX Plan is a free quit smoking program that can show you a whole new way to think about quitting. It is based on personal experiences from ex-smokers as well as the latest scientific research from experts at Mayo Clinic.

Smokefree.gov

www.smokefree.gov

Smokefree.gov is intended to help you or someone you care about quit smoking. Different people need different resources as they try to quit. The information and professional assistance available on this website can help to support both your immediate and long-term needs as you become, and remain, a non-smoker.

Several mobile apps are available for personal cessation services. Search your app store for options.



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