



TOBACCO FREE

Resources to help you quit tobacco use.



TOBACCO CESSATION RESOURCES

National Cancer Institute's Smoking Quitline - 1 (877) 448-7848

Idaho QuitLine - 1 (800) 784-8669 | QuitNow.net/Idaho Free quit coaching and 4 weeks supply of Nicotine replacement therapy (gum, lozenges, and patches)

My Time to Quit - (877) 242-6849 | GetQuit.com Quit coaching for Chantix users.

SmokeFree.gov - Support, tips, tools, and expert advice to help you or someone you love quit smoking. Or sign-up for the free mobile service SmokefreeTXT to get tips and encouragement to quit. To sign up, **text the word QUIT to IQUIT (47949)** from your mobile phone.

Women.Smokefree.gov - Quit coaching and resources for women

ChewFree.com - Quit coaching and resources for smokeless tobacco users

BecomeAnEx.org - Quit coaching from Legacy *Relearning life without cigarettes

COMMUNITY TOBACCO CESSATION CLASSES

Quit with Nancy - (208) 367-5864

Tobacco cessation program sponsored by Saint Alphonsus Health Alliance TobaccoVideo.com

Central district Health - (208) 375-5211

Various classes for you and adults in Boise, Meridian, Mountain Home, and McCall cdhd.idaho.gov

St. Luke's Regional Medical Center - (208) 322-1680

Tobacco Cessation Clinic with individual and group classes

Treasure Valley YMCA - (208) 344-5502 ext. 207

FINANCIAL SUPPORT FOR CESSATION PRODUCTS

Idaho Medicaid Pharmacy - (208) 364-1839 |

medicaidphaprogram@dhw.idaho.gov

Pfizer Helpful Answers - (888) 706-2400 |

PfizerHelpfulAnswers.com

Society of St. Vincent de Paul - (208) 344-9737

Project Filter - (800) 784-8669 | QuitNow.net/Idaho

A TOBACCO FREE YOU!