

## Worksite Programs

### **American Cancer Society**

FreshStart Program

[www.acsworkplacesolutions.com/freshstart.asp](http://www.acsworkplacesolutions.com/freshstart.asp)

### **American Cancer Society**

Quit For Life Program

[www.acsworkplacesolutions.com/quitforlife.asp](http://www.acsworkplacesolutions.com/quitforlife.asp)

### **American Lung Association**

Freedom From Smoking

[www.lung.org/stop-smoking/how-to-quit/freedom-from-smoking/](http://www.lung.org/stop-smoking/how-to-quit/freedom-from-smoking/)

## Teen Programs

### **American Lung Association**

Not-On-Tobacco (NOT)

Helps teens quit smoking. Nurses, health educators, youth coordinators, teachers and counselors can become trained facilitators of this program to reduce teen smoking in their area.

[www.notontobacco.com/](http://www.notontobacco.com/)

## Additional Support

### **Nicotine Anonymous**

Offers in-person meetings, as well as internet and phone meeting options. Can be combined with other programs to offer additional support during and after you quit.

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)



### **Licking County Health Department**

675 Price Road  
Newark, OH 43055  
(740) 349- 6535  
[www.lickingcohealth.org](http://www.lickingcohealth.org)

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# Tobacco Use Cessation Resources

## Licking County

## What Works?

The same method of quitting tobacco will not work for everybody and some methods are more successful than others. Research shows that smokers are able to kick the habit better when they have support, such as:

- Telephone smoking-cessation hotlines
- Stop-smoking groups
- Counseling
- Nicotine replacement products
- Prescription medicine to lessen cravings
- Online quit groups
- Guide books
- Encouragement and support from friends and family members



## Individual Counseling

Licking Memorial Health Systems



This program is offered free of charge for all Licking County residents. A Certified Tobacco Treatment Specialist will help you develop a quit plan. This program uses nicotine replacement therapy, motivational interviewing, self-management education and relapse prevention strategies to help you become tobacco-free.

Call **740-348-7847** to get started!

\*Out of county clients may be eligible if they have a local Licking County physician who can provide a referral.

## Online Resources

### Ohio Quitlogix

[ohio.quitlogix.org](http://ohio.quitlogix.org)

### National Cancer Institute

Cessation Information:

[www.smokefree.gov](http://www.smokefree.gov)

Teen Cessation Information:

[teen.smokefree.gov](http://teen.smokefree.gov)

Mobile Smokefree TXT App:

[www.smokefree.gov/smokefreetxt/](http://www.smokefree.gov/smokefreetxt/)

Mobile Smokefree Veterans TXT App:

[www.smokefree.gov/VET](http://www.smokefree.gov/VET)

### American Legacy Foundation

[www.becomeanex.org](http://www.becomeanex.org)

### American Lung Association

Freedom From Smoking Online Program

[www.ffsonline.org](http://www.ffsonline.org)

### American Lung Association

Quit Guide:

[www.lung.org/stop-smoking/how-to-quit/](http://www.lung.org/stop-smoking/how-to-quit/)

### American Cancer Society

Quit Guide:

[www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/index](http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/index)

### American Heart Association

[www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuitSmoking\\_UCM\\_001085\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuitSmoking_UCM_001085_SubHomePage.jsp)

## Ohio Tobacco Quit Line

Call to speak to a Quit Coach. Free telephone counseling for uninsured Ohioans, Medicaid recipients, pregnant women and members of the Ohio Tobacco Collaborative. If you do not qualify for Quit Line services, the Intake Specialist will recommend the right quit tobacco program for you.



All Ohioans are eligible for free online resources at [ohio.quitlogix.org](http://ohio.quitlogix.org).