

Tobacco Cessation Resources Cleveland Area

Agency: Cleveland Department of Public Health and partners
Service: Healthy Cleveland 2.0 – Breathe Free Initiative

Website: <http://www.healthycle.org/ditch-tobacco>

Description of Service: Healthy Cleveland 2.0 is a partnership of individuals, nonprofits, and businesses seeking the common goal of a healthier Cleveland. They offer an interactive website with resources for various health topics, including tobacco cessation via their Breathe Free Initiative. One feature on the Breathe Free section of the website is a “Breathe Free Streetcard” that identifies smoking cessation services available to Cleveland residents. Additional resources that can be accessed from the website include research surrounding tobacco use, details about clean air legislation nationally and in Cleveland, and more resources to help quit.

Cost: Free, readily-available online resource

More Tobacco Cessation Resources

CVS MinuteClinic

CVS MinuteClinics offer a smoking cessation program called Start to Stop that provides face-to-face counseling with a nurse practitioner. The nurse practitioner will review lifestyle factors, goals, and physical health and then create a customized smoking cessation plan that could include over-the-counter nicotine replacement therapy or another prescription. The program usually includes 4-7 nurse practitioner visits. MinuteClinics are located in many local CVS pharmacies, and they accept most insurance plans. Locate your nearest CVS MinuteClinic here:

<https://www.cvs.com/minuteclinic/clinic-locator>

Ohio Department of Health

The Ohio Department of Health offers many tobacco prevention and cessation resources on their website:

<http://www.odh.ohio.gov/odhprograms/eh/quitnow/Tobacco/TobaccoHome/Tobacco.aspx>

This includes a list of local tobacco cessation programs available in each Ohio County:

<https://www.odh.ohio.gov/en/odhprograms/eh/quitnow/Tobacco/Cessation/localprograms.aspx>

The Ohio Tobacco Quit Line

The Quit Line is provided by the Ohio Department of Health is free and available to all Ohio residents regardless of insurance standing. Eligible callers can receive two weeks of free nicotine replacement therapy.

Call **1-800-QUIT NOW (784-8669)** or log on to <http://ohio.quitlogix.org>

Tips from Former Smokers

Tips from Former Smokers is the first federally funded national media campaign on smoking cessation in U.S. history. The campaign is organized by the Centers for Disease Control and Prevention and its website offers numerous free tobacco cessation resources:

<http://www.cdc.gov/tobacco/campaign/tips/>

American Cancer Society

To speak to a quit specialist, call **1-800-227-2345** or read the online Guide to Quitting Smoking:

<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index?ssSourceSiteId=null>

Truth Initiative's EX Plan

The EX Plan is a free quit smoking program that helps you re-learn life without cigarettes. The website offers a personalized free plan to quit as well as access to a virtual community and various mobile formats: <http://www.becomeanex.org/>

American Lung Association

Freedom from Smoking Online is the American Lung Association's adult cessation program in web format: <http://www.ffsonline.org/>

National Cancer Institute

Find tobacco cessation resources and guidance at <http://www.smokefree.gov/> and sign up for their free mobile texting service here: <https://smokefree.gov/tools-tips/smokefreetxt>

Nicotine Anonymous

Find a meeting close to your neighborhood: <http://www.ohio-nica.org/meetings.html>

American Heart Association

The American Heart Association provides a multitude of tobacco cessation resources on their website: http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/Quit-Smoking_UCM_001085_SubHomePage.jsp

Additional online resources:

<https://www.planmyquit.com/> <https://www.get-quit.com/>
<http://www.quit4good.com/> <https://www.quitnet.com>

This is an internal document created by the Division of Human Resources. For additional information, please visit <http://www.kent.edu/hr/benefits/smoking-cessation-resources-ready-quit>

