

Resources For Quitting Tobacco Products

Allina Health

- Tobacco Intervention Program at Abbott Northwestern Hospital
— 612-863-1648
- Tobacco Intervention Program at Mercy Hospital
— 763-236-8008
- Tobacco Intervention Program at River Falls Area Hospital
— 715-307-6075
- *United Hospital Lung and Sleep Clinic Tobacco Cessation Program
— 651-726-6200
- *Penny George™ Institute for Health and Healing (LiveWell Center) tobacco intervention coaching
— 612-863-5178

Other

- Quit Partner
— 1-800-QUIT-NOW (1-800-784-8669)
or quitpartnermn.com
— American Indian: 1-833-9AI-QUIT or aiquit.com
— Spanish: 1-855-DEJELO-YA (1-855-335-3569)
or quitpartnermn.com/es
— Teens: text “Start My Quit” to 1-855-891-9989
or call to talk with a coach

(over)

***There may be a cost to you.
Check with your insurance provider.**

- Minnesota Department of Health
— health.state.mn.us/quit
- online tobacco cessation support
— smokefree.gov
- American Lung Association/
Tobacco Quit Line
— 651-227-8014 or 1-800-586-4872
- *Mayo Clinic Nicotine Dependence Center's
Residential Treatment Program
— 1-800-344-5984 or 1-507-266-1930
- Chantix® GetQuit Support plan
— 1-877-CHANTIX (242-6849) or
get-quit.com
- financial aid for Chantix® or Nicotrol® inhaler
— 1-866-706-2400 or
pfizerhelpfulanswers.com
- Plant Extracts aromatherapy
— 1-877-999-4236
- Asian Smokers Quitline
— asiansmokersquitline.org
— Để được giúp đỡ, hãy gọi: 1-800-778-8440
— 도움이 필요하시면 다음 번호로 전화하십시오. 1-800-556-5564
— 如需幫助，請致電：1-800-838-8917
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