

# 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](http://quitpartnermn.com)  
— American Indian: 1-833-9AI-QUIT or [aiquit.com](http://aiquit.com)  
— Spanish: 1-855-DEJELO-YA (1-855-335-3569)  
or [quitpartnermn.com/es](http://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](http://health.state.mn.us/quit)
- online tobacco cessation support  
— [smokefree.gov](http://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](http://get-quit.com)
- financial aid for Chantix® or Nicotrol® inhaler  
— 1-866-706-2400 or  
[pfizerrxpathways.com](http://pfizerrxpathways.com)
- Plant Extracts aromatherapy  
— 1-877-999-4236
- Asian Smokers Quitline  
— [asiansmokersquitline.org](http://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  
— 如需帮助，请致电：1-800-838-8917

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