

Resources For Quitting Tobacco Products

Allina Health (if you had a recent hospital stay)

- 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
- Tobacco Intervention Services at Allina Health United Hospital – Hastings Regina Campus
— 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

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

(over)



Allina Health

Other

■ Quit Partner

- 1-800-QUIT-NOW (1-800-784-8669) or quitpartnermn.com
- My Life, My Quit™ (ages 13 to 17):
text “Start My Quit” to 36072 or
call 1-855-891-9989 to talk with a coach
- American Indian: 1-833-9AI-QUIT or aiquit.com
- Spanish: 1-855-DEJELO-YA (1-855-335-3569)
or quitpartnermn.com/es
- 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，请拨打：1-800-838-8917

■ online tobacco cessation support

- smokefree.gov

■ American Lung Association/Tobacco Quit Line

- 651-227-8014 or 1-800-586-4872

■ financial aid Nicotrol® inhaler

- 1-844-989-PATH (7284) or
pfizerrxpathways.com

■ Plant Extracts aromatherapy

- 1-877-999-4236 or plantextractsinc.com

■ *Mayo Clinic Nicotine Dependence Center’s Residential Treatment Program

- 1-800-344-5984 or 1-507-266-1930

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