

Resources to Help You Break Free from Tobacco Dependence

If you are one of the millions of people who want to quit using tobacco, there are several helpful, FREE resources available in Colorado. Whether you are exploring approaches to quitting, seeking support, or looking for a class or web-based self-help resource, here is a list to get you started on the quitting journey.

Note: This list is not intended to be all-inclusive, or an endorsement of these resources, but offers a variety of choices for those interested in quitting or staying free from tobacco. For additional information/assistance, call Jefferson County Public Health at 303-275-7555.

Coaching, classes, webinars, phone support, support groups and referrals:

- For telephone support, coaching and resources to help you or a loved one become tobacco-free, call the Colorado QuitLine at 1-800-QUIT-NOW or visit www.COQuitLine.org.
- Jefferson Center for Mental Health offers a number of resources, including classes. Call 303-432-5372 or visit www.WellnessNowJCMH.org.
- Nicotine Anonymous offers face-to-face, phone and web-based 12 Step meetings. For more information, visit www.Nicotine-Anonymous.org.
- Lutheran Medical has a FREE six week drop-in group for adults who want to quit smoking. Attendees do not need to go to all six sessions to participate. Call 303-403-6176 or visit <http://tobaccofreejeffco.com/wp-content/uploads/2017/05/DIMENSIONS-flyer.pdf>.
- Kaiser Permanente offers a variety of web-based and face-to-face support for people at all stages of the quitting process. To register and for more information about the webinar options, visit www.KPWebinar.org or call 1-866-868-7112. You do not have to be a Kaiser member to participate.
- The American Lung Association's Lung HelpLine and Tobacco QuitLine is a free phone support service staffed with experts. Call 1-800-LUNGUSA any time from 7am–8pm Monday through Friday and 8am–4pm Saturday and Sunday.

Self-help and web resources:

- Get help to quit by using Colorado's web-based resources – www.TobaccoFreeCO.org
- Download the free Quit and Save app on your mobile device for help with quitting – www.TobaccoFreeCO.org/Quit/Quit-Today/Tobacco-Quit-and-Save-App
- Find quitting advice, tips and support specific to women's needs – www.Women.SmokeFree.gov
- Re-learn life without cigarettes – www.BecomeAnEx.org
- Download the "This is Quitting" app on your mobile device which offers a web-based support system – www.thisisquitting.com
- Quit chew, dip or other forms of smokeless tobacco – www.MyLastDip.com
- Receive text messages to support you in your quitting process – www.SmokeFree.gov/SmokeFreeTXT
- Learn more about secondhand smoke and health issues associated with smoking and kids – www.IAmASmoke-FreeZone.org
- Find out more about the tobacco industry's dirty secrets. Also find resources to help you or your older children build a resolve to quit and stay quit. Includes games, videos and other fun youth-focused resources encouraging tobacco-free living – www.TheTruth.com