

# Free 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 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.

## In-Person and Telephone Resources:

### Colorado QuitLine

- Telephone and web-based 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](http://www.COQuitLine.org)

### Jefferson Center

- One-on-one tobacco cessation coaching or group wellness classes for nicotine addiction and recovery
- Resources are free for Medicaid members and a small cost for non-members
- Call 303-432-5372 or visit [www.WellnessNowJCMH.org](http://www.WellnessNowJCMH.org)

### Nicotine Anonymous

- Face-to-face, phone, and web-based 12-step meetings
- For group support and recovery, visit [www.Nicotine-Anonymous.org](http://www.Nicotine-Anonymous.org)

### Denver Health

- Cessation clinic services for people with Medicare, Medicaid and Denver Health insurance plans - no commercial insurances or self-pay accepted; referral from a primary care provider needed
- Call 303-436-4949 for appointments

### American Lung Association

- Telephone support from medical experts and counselors through the Lung HelpLine and Tobacco QuitLine
- Call 1-800-LUNGUSA from 6am–8pm Monday through Friday and 8am–4pm Saturday and Sunday

## Text and Web-Based Resources:

### All Tobacco Products:

- Register for web and text-based support for quitting tobacco – [www.BecomeAnEx.org](http://www.BecomeAnEx.org)
- Receive text messages to support you in your quitting process – [www.smokefree.gov/tools-tips/text-programs](http://www.smokefree.gov/tools-tips/text-programs)
- Download apps for quitting support – [www.smokefree.gov/tools-tips/apps](http://www.smokefree.gov/tools-tips/apps)
- Learn more about quitting strategies, tobacco products and local resources – [www.TobaccoFreeCO.org](http://www.TobaccoFreeCO.org)

### Specific Tobacco Products:

- To quit using chew, dip, or other forms of smokeless tobacco, visit – [www.MyLastDip.com](http://www.MyLastDip.com)
- To quit using e-cigarettes or vapes text, use the Truth Initiative's text program – text "QUIT" to (202) 899-7550
- To quit smoking, enroll in American Lung Association's online classes – [www.freedomfromsmoking.org](http://www.freedomfromsmoking.org)

**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, call Jefferson County Public Health at 303-275-7555.