

Help With Quitting Smoking...*Your Way*

- **Freedom From Smoking® Clinic** **www.lung.org or 1-800-LUNG-USA**
 - The Freedom From Smoking® group clinic includes eight sessions and features a step-by-step plan for quitting smoking. Each session is designed to help smokers gain control over their behavior. The clinic format encourages participants to work on the process and problems of quitting both individually and as part of a group. Visit www.lung.org or call 1-800-LUNG-USA to learn more or contact your local charter for a list of available classes.

- **Freedom From Smoking® Plus** **www.FreedomFromSmoking.org**
 - The Freedom From Smoking® Plus is a highly-interactive online behavioral change program that addresses today's mobile lifestyles. It works on desktops, laptops, tablets and smartphones and includes telephone, chat and email support from trained tobacco cessation counselors. To learn more about the Freedom From Smoking® Plus program, visit www.FreedomFromSmoking.org

- **Freedom From Smoking® Self-Help Manual** **(216) 393-6600**
 - The Freedom From Smoking® self-help manual can be used by individuals interested in a self-guided method of quitting. This 56-page interactive self-help workbook is based on the American Lung Association's proven-effective Freedom From Smoking® Clinic Program, and covers identifying triggers, removing roadblocks, addressing physical, mental and social aspects of addiction, preparing for quit day, handling social situations, preventing relapse and how to stay on track with lifestyle changes. The cost is \$5.99 each and can be ordered through your local American Lung Association office. To place an order, call (216) 393-6600.

- **Ohio Quitline** **1 (800) QUIT-NOW (784-8669)**
Spanish-speaking: 1 (855) DEJELO-YA (335-3569)
 - The Ohio Quitline is a free local resource for quitting smoking. It provides over-the-phone counseling services with a certified quit coach, nicotine patches and lozenges (for qualified callers) and support for all Ohio residents. Information and self-help materials are available.

- **Quitter's Circle App** **www.QuittersCircle.com**
 - This is a great addition to any of the options listed above. The American Lung Association and Pfizer have partnered to launch Quitter's Circle, a mobile app and online community designed to help smokers face common obstacles associated with quitting through educational, social and financial support. Within a few clicks, users can personalize a quit plan, receive support from friends and family by starting their own quit team, and get encouragement to talk with a healthcare provider about quitting, including real-time, mobile access to doctors. This app is free for download at www.QuittersCircle.com

- **Local Cessation Programs in Ohio**

Ashtabula County Medical Center Phone (440) 997-2262	Cleveland Clinic Phone (866) 223-8100
Columbus Metropolitan Housing Authority Phone (614) 421-6000	Columbus Public Health Phone (883) 224-7848
Cuyahoga Metropolitan Housing Authority Phone (216) 348-5000	Euclid Hospital Phone (440) 312-6741
MetroHealth Medical Center Phone (216) 778-7503	Nationwide Children's Hospital Phone (614) 772-2000
Stephanie Tubbs Jones Center Phone (216) 444-8111	Langston Hughes Health and Education Center 440-465-9571