



Guide to Services to Help You Quit Tobacco

Ready to quit? There are many ways. You are not alone!

Phone / Text



QuitlineNC:

Provides free services to any North Carolina resident who wants help quitting tobacco use. Quit Coaching is offered in different forms (phone or web), which can be used on their own or together to help any tobacco user give up tobacco.

- **Price:** Free
- **Phone:** 1-800-QUIT-NOW (1-800-784-8669)
- **Website:** www.QuitlineNC.org
- **Languages:** English, Spanish, translation services for other languages
- **Features:**
 - Private
 - Trained and skilled Quit Coaches
 - For adults and youth (no parental permission required)
 - Web coach: Chat with a Quit Coach online
 - Services available 24/7
 - "Call me now" Enter your phone number online and a Quit Coach will call you



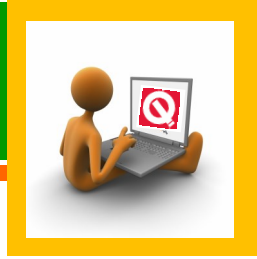
SmokeFreeTXT:

A mobile service designed for young adults across the United States. It was created to provide 24/7 help, advice, and tips to help smokers stop for good.

- **Price:** Free
- **Phone:** Text the word QUIT to 47848 (I QUIT) from your cell phone
- **Website:** www.smokefree.gov/smokefreetxt
- **Languages:** English and Spanish
- **Features:**
 - Daily support
 - Extra support when you are craving a cigarette, slip up, or need encouragement.
 - Available to adults and teens 13 and older without parental permission



Online



ASPIRE (A Smoking Prevention Interactive Experience)

A web-based program developed for teens. ASPIRE uses animation, video, and activities to give facts about smoking and tobacco use, as well as, offer skills to adopt a tobacco-free lifestyle.

- **Price:** Free
- **Website:** www.mdanderson.org/about-md-anderson/community-services/aspire.html
- **Languages:** English and Spanish
- **Features:** Five learning sections, animation, videos, and games



BecomeAnEx:

A web-based program for adults based on research and useful advice from ex-smokers. It isn't just about quitting smoking, it's about re-learning life without cigarettes.

- **Price:** Free
- **Website:** www.becomeanex.org
- **Languages:** English and Spanish
- **Features:** iPhone app, online support, free plan to help you quit



Freedom From Smoking Online:

The American Lung Associations' web-based smoking cessation program. Registration required.

- **Price:** Free trial version available. Membership: \$15 for three months, or \$40 for one year
- **Website:** www.ffsonline.org
- **Languages:** English
- **Features:** Accessible 7 days a week, 365 days a year, on-line support, 7 program segments



QuitNet:

A total quit-tobacco program that includes quit coaching, strategies to quit, encouragement, and information about medicines to help quit.

- **Price:** Free Basic Membership, Premium Membership: \$40 for three months, or \$100 for one year
- **Website:** www.quitnet.com
- **Languages:** English and Spanish
- **Features:** Personal quitting tools, on-line support, information on medicines to help quit



My Last Dip:

An on-line, research-tested, self-help program to help chewing tobacco users to quit.

- **Price:** Free
- **Website:** www.mylastdip.com
- **Languages:** English
- **Features:** For smokeless tobacco users including: dip, snuff, chewing tobacco, snus, etc.



In-Person (in the WNC region)



Charles George VA Medical Center:

Offers group classes to Veterans enrolled at the Asheville VA and the affiliated Community Based Outpatient Clinics (CBOCs). Available class options include: face-to-face classes at the main facility, clinical video telehealth (CVT) from Asheville facility to the CBOCs in Rutherford, Hickory and Franklin and the phone option for those unable to travel to selected sites.

- **Price:** The classes are free of charge and the nicotine replacement therapy (NRT) medications, as well as several other medication options, are at no cost to the Veteran.
- **Phone:** For information about the tobacco cessation options at the CGVAMC, please contact Donna Barnwell at 828-298-7911 ext. 5056
- **Website:** <http://www.asheville.va.gov>
- **Languages:** English
- **Features:** Classes are facilitated by a psychologists and/or a nurse educator. If the Veteran chooses to use available medications, a pharmacist is available during class to answer questions about tobacco cessation medications. Other options:
 - ◇ **Telephone Counseling/Support:**
 - * Veteran initiates the phone call—Call 1 (855) QUIT VET or 1 (855) 784-8838
 - ◇ **Text Messaging Counseling/Support:**
 - * Veteran initiates the text—Text the word: “VET” to 47848
 - ◇ **Website for further information:** www.smokefree.gov/vet

Henderson County Health Department – Quit Smoking Program

The Health Department provides this program for those who would like to quit smoking.

- **Price:** No charge
- **Phone:** To sign up or for more information contact The Free Clinics, (828) 697-8422.
- **Website:** www.hendersoncountync.org/health Click on Resources.
- **Languages:** English
- **Features:** Trained facilitators lead the American Lung Association’s 7-week Freedom From Smoking Program. Services are available for anyone living in Henderson County.

In-Person (in the WNC region)



McDowell Hospital:

Available to provide services throughout McDowell County

- **Price:** Cost varies (Free to recent patients, financial assistance available, low/no cost options)
- **Phone:** For information, or to schedule an appointment, call (828) 659-5157
- **Languages:** English and interpretive services available for a variety of languages (MARTI capabilities)
- **Features:** Services are provided by a trained nurse clinician; call for information about class offerings, one-on-one support, and community education and presentations.

Mission Health System: Nicotine Dependence Program:

- **Price:** Contact Program to determine your benefit
- **Phone:** For information, or to schedule and appointment, call (828) 213-5527
- **Website:** <http://www.mission-health.org/quit-tobacco.php>
- **Languages:** English for all outpatient individuals.
- **Features:**
 - ◇ **Nicotine Dependence Program for the Community**
 - * The Nicotine Dependence staff partner with participants through 1:1 sessions either in-person or via phone to find unique and personalized ways to quit smoking.
 - * Educators elaborate on how addictions are formed, discuss specific treatment options, formulate a plan for quitting smoking, and implement a relapse prevention plan. Intrinsic and Wellness Coaching are used to help each participant succeed.
 - ◇ **Nicotine Dependence Program for Professionals/Providers**
 - * In-person evidence-based, best practice interventions you can use with patients and clients to support their efforts in quitting tobacco
 - * Learn how to turn a “No, I don’t want to quit” into a “Yes, I’d like to try to quit!”
CEU’s Available .

**For more information about tobacco prevention and cessation services
in Western North Carolina, contact the Tobacco-Free WNC Collaborative at:
828-620-1646**

Serving Counties: Avery, Buncombe, Burke, Caldwell, Henderson, Madison,
McDowell, Mitchell, Rutherford, Polk, Yancey