

you can quit smoking!

5 Keys for Quitting:

1. Get ready

Set a quit date, think about past attempts and what worked or did not work.

2. Get support and encouragement

Spread the word that you are quitting, and seek support through friends, family or cessation counseling.

3. Learn new skills and behaviors

Change your routines, try to reduce stress, distract yourself from urges to smoke, drink lots of water, and do something else instead of smoking.

4. Get medication and use it correctly

Talk with your healthcare provider about which cessation medication will work best for you.

5. Be prepared for relapse or difficult situations

Avoid alcohol, eat healthy, stay active, and don't give up. Be willing to try again - it does get easier!



here's what you need to do to kick the habit for good!

Pick up the phone and call the toll-free Washington State Tobacco Quit Line.

A quit coach is ready to help you

Washington State Department of Health

Tobacco Quit Line

1-800-QUIT-NOW

toll-free 1-800-784-8669

QUITLINE.COM

Si vive en Washington y le interesa dejar de fumar, llame gratis al número: **1-877-2NO-FUME** (1-877-266-3863) • TDD: 1-877-777-6534

you can quit smoking!

Local Resources for Spokane County Residents

• June 2010 •



Tobacco Prevention & Control Program
1101 West College Avenue, Room 401
Spokane, WA 99201-2095 • www.srhd.org
TEL: 509.324.1530 • TDD: 509.324-1464



local resources

Alternative Health Therapy Hypnosis

(509) 276-4028 • Debra Peterson, Registered Hypnotherapist
The Stop Smoking NOW Program - affordable, personalized hypnosis for smoking cessation; (1-3 sessions) with stress management included. FREE consultation. www.alternativehealththerapy.com

American Cancer Society

920 N Washington #200 • (800) ACS-2345, press option #3
Many self help materials are available, including the "Complete Guide to Quitting."

American Lung Association

(800) LUNG USA • www.lungusa.org
The Freedom from Smoking program is available online. The program uses proven techniques and offers personal support to help you quit.

Community Health Education & Resources

601 W First Ave. • (509) 232-8138 • www.CHERSpokane.org
CHER offers FREE tobacco cessation programs: Phone support, educational support groups, education through mail, and community resources. Refer yourself, patients, friends or family at:
CHERTobacco@inhs.org

Group Health Cooperative

322 W North River Dr. • (800) 992-2279 • www.ghc.org
Group Health's Free & Clear group program - 5 session program is free to members and for a limited fee to non-members. Free & Clear Quit for Life Program - telephone-based services for members at no cost - (800) 462-5327

Heart to Heart Counseling

1503 W 7th Ave. • (509) 747-7147 • www.heartheart.org
The program features hypnosis and mental health counseling.

Hypnotherapy Institute

(509) 327-4465 • Judy Ward • www.hypnotherapyone.com

The Inland Northwest LGBT Center

1522 N. Washington, Ste. 208 • (509) 489-1914 •
www.thelgbtcenter.org
The program offers an Internet-based smoking cessation program developed especially for LGBT smokers.

Inlitenment

703 W 7th Ste. 220 • (509) 838-5427 • Jayne Helle, PhD •
www.inlitenment.com
Smoking cessation through hypnosis. CDs and MP3s also available on the website.

Nicotine Anonymous

10814 E Broadway Ave. • (509) 926-9804 • Rande Millerville
A weekly support group meets every Wednesday from 3-4:00 p.m at Spokane Valley Partners. Cost is FREE.

Nicotine Solutions

(866) 735-3580 • www.NicotineSolutions.com
A step by step positive behavioral techniques program that teaches you how to stop smoking calmly, comfortably, and without weight gain. An 8-week teleconference held once a week (1-hr session).
Easeout@nicotinesolutions.com • Allows you to smoke for the first 6 weeks and then quit calmly. Program may be covered by insurance.

Metavision Hypnosis Clinic

(877) 393-5840 • Robert King
This program uses hypnosis to help individuals quit.

Integrative Medicine Associates

3424 S Grand Blvd. • (509) 838-5800 • Christopher Valley, ND •
www.integmedassoc.org
This holistic and preventive medicine program uses Accu-Smoke (acupuncture) for individual and group visits. \$100 for the first visit, \$50 for a repeat visit (rarely required).

Positive Changes Hypnosis Centers

220 W Francis Ave. • (509) 462-4222 • Sheryl Manchester •
www.positivechanges.com
This is a behavior modification center that uses personal coaching backed up by hypnosis.

Smoke Free Through Hypnosis

PO Box 14379 • (509) 922-3915 • Jannette Robert Murray •
www.inspiredcounseling.com
Life directions counseling and coaching.

By providing this information, the Spokane Regional Health District is not endorsing any of these resources.

nicotine replacement therapy NRT

NRT - which includes **nicotine gum, the patch, an inhaler, and a nasal spray** - increases your chances of quitting by helping to reduce your cravings and withdrawal symptoms. Always consult with your healthcare provider when using NRT.

Where to get NRT...

- You can get nicotine gum or the patch **over-the-counter**. You need a prescription for other forms of NRT. Ask your healthcare provider for a prescription.
- Many **health insurance** providers cover NRT and cessation classes; ask your employer if your healthcare plan does.

Medicaid now offers smoking cessation benefits. Washington residents on Medicaid can get additional support, including prescription medication, if appropriate.

Call **1-800-QUIT-NOW** today!



Prescription medications are also available

Talk to your medical provider.