

# 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 numero: **1-877-2NO-FUME**  
(1-877-266-3863) • TDD: 1-877-777-6534

# you can quit smoking!

Local Resources for Spokane County Residents

• June 2009 •



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



# local resources

## Alternative Health Therapy Hypnosis

(509) 276-4028

The Stop Smoking NOW Program - affordable, personalized hypnosis for smoking cessation; (1-3 sessions) with stress management included. FREE consultation. [www.alternativehealththerapy.com](http://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 in Washington

1817 E Springfield, Suite E • (509) 325-6516 • [www.alaw.org](http://www.alaw.org)

A variety of materials are available, including a quit kit. The Freedom from Smoking program is online at [www.lungusa.org](http://www.lungusa.org).

## Community Health Education & Resources (CHER)

601 W First Ave • (509) 232-8138 • [www.CHERSpokane.org](http://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](mailto:CHERTobacco@inhs.org)



## Group Health Cooperative

Group program at Riverfront Medical Center, 322 W North River Dr.

Group Health Resource Line (800) 992-2279

Group Health's Free & Clear group program helps you prepare for quitting, set a quit date and stay tobacco-free. The five session program is available to Group Health members at no cost. Non-members may participate for a limited fee. Telephone-based services for members are also available at no cost through the Free & Clear Quit for Life Program (800) 462-5327. [www.ghc.org](http://www.ghc.org)

## Heart to Heart Counseling

1503 W 7th Ave. • (509) 747-7147 • David Stanzak, MSW

The program features hypnosis and mental health counseling. The cost for the program is \$450 for three sessions and \$165 for support groups. Some people may attend more than three sessions depending on the individual. [www.HearttoHeart.org](http://www.HearttoHeart.org)

## Nicotine Anonymous

10814 E Broadway • (509) 926-9804 • Randee Milleville

A weekly support group meets every Wednesday from 3-4:00 p.m. Cost is FREE.

## Nicotine Solutions

(866) 735-3580

A step by step positive behavioral techniques program. Teaches you how to stop smoking calmly, comfortably, and without weight gain. It is an 8-week teleconference held once a week (1-hr session).

[Easeout@nicotinesolution.com](mailto:Easeout@nicotinesolution.com). This allows you to smoke for the first 6 weeks and then quit calmly. Program may be covered by insurance. 90% success rate. [www.NicotineSolution.com](http://www.NicotineSolution.com)

## Metavision Hypnosis Clinic

(877) 393-5840 • Robert King

This program uses hypnosis to help individuals quit.

## Will Corell, MD

Holistic and Preventive Medicine

3424 S Grand Blvd. • (509) 838-5800

This program uses Accu-Smoke (acupuncture) for individual and group visits. \$100 for the first visit, \$50 for a repeat visit (rarely required). [www.integmedassoc.org](http://www.integmedassoc.org)

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.