

VAPING & TOBACCO CESSATION RESOURCES

Want to reduce or quit smoking, vaping, chewing, or dipping? Your chance of success is even better when you combine professional support with one or more quit-tobacco/nicotine products.

Local Support

CACY- Community Action for Capable Youth, free individual or group cigarette, smokeless tobacco, & vaping cessation programming for all ages and community organizations. Participants receive free quit tools at each session. Call 419-774-5683 for more info.

Third Street Family Health Services, offers tobacco use assessments, individual counseling and treatment plans, integrated use of tobacco cessation medications, and referrals to community health workers. Call 419-522-6191 for more information.

OhioHealth Mansfield Tobacco Cessation Program, free tobacco cessation group classes, each participant will receive an individual quitting support plan. Call 1-800-752-9119

Veterans Affairs, free tobacco cessation programming for veterans when referred by your Primary Care Provider. Call 419-529-4602.

Cleveland Clinic Taussig Tobacco and Nicotine Cessation Program, programs to reduce tobacco and nicotine use, assisting patients with a cancer diagnosis to eliminate chemotherapy treatment success barriers. Call 1-866-223-8100

Avita Health Systems, pharmacist managed, comprehensive program to help patients achieve their goals in quitting smoking or any other form of tobacco. Call 567-307-7557

UMADAOP-Urban Minority Alcoholism and Drug Abuse Outreach Programs of Ohio, one on one or group cessation counseling. Call 419-525-3525

STATE AND NATIONAL RESOURCES

Take back control.

Text Messaging

My Life My Quit, free quitting and support coaching for teens from nicotine, vaping, and other tobacco products. Text 1-855-891-9989 or visit mylifemyquit.com

SmokeFree.Gov, text QUIT to 47848. 24/7 automated program that sends you quit-smoking tips, info, and inspiration for 6 weeks.

This is Quitting, free youth oriented texting program with parent resources. Text "DITCHJUUL" to 88709

Phone or Online

Tobacco QuitLine, free personal quit coaching and telephone counseling for Ohio adults. Call 1-800-QUIT-NOW (1-800-784-8669)

American Legacy Foundation, support and professional services to become tobacco free. Visit becomeanex.org for more information.

SmokeFree.Gov, national self-directed support program geared for all adults and 60+, women, and veterans. Also available in Spanish. Visit smokefree.gov.

Ohio Department of Health Tobacco Program, data worksheets and direction to assist with cessation. Call 614-728-2429 for more information.

American Lung Association's Freedom from Smoking, operating for 35 years, this quitting support help is online and in local group meetings. Visit FreedomFromSmoking.org or call 1-800-LUNG-USA (1-800-586-4872)

Quitters Circle, connecting you with local providers who can assist with the plan to end tobacco use. Visit quitterscircle.com.

