



Central Michigan District Health Department
“Promoting Healthy Families, Healthy Communities”

For more information, call your local CMDHD branch office:

Arenac (989) 846-6541/Clare (989) 539-6731/Gladwin (989) 426-9431/
Isabella (989) 773-5921/Osceola (231) 832-5532/Roscommon (989) 366-9166

www.cmdhd.org

Tobacco Dependence Treatment/Cessation Services

American Cancer Society

1-248-663-3454

www.cancer.org

Services offered: Group classes, support groups,
and quit kits

Nicotine Anonymous

1-415-750-0328

www.nicotine-anonymous.org

Services offered: telephone quit lines

American Heart Association

1-800-242-8721

www.americanheart.org

Services offered: quit kits

Pfizer

www.mytimetoquit.com

Services offered: telephone quit lines and
distribution of cessation aids

American Legacy Foundation

www.becomeanex.org

Services offered: quit kits and online programs

Quitnet

www.quitnet.com

Services offered: online programs

American Lung Association

1-800-586-4872

www.lungusa.org

Services offered: Group classes, quit kits, and
telephone quit lines

Try to Stop

www.trytostop.org

Services offered: online programs

Centers for Disease Control and Prevention

www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm

Services offered: quit kits

**U.S. Department of Health and Human
Services**

<http://1800quitnow.cancer.gov/>

Services offered: online programs and telephone
quit lines

Foundation for a Smoke free America

www.anti-smoking.org/

Services offered: quit kits

EX Campaign

1-800-784-8669

www.BecomeAnEX.org

Services offered: One-on-one counseling, quit
kits, and telephone quit lines

Glaxo Smith Kline

1-877-662-7437

www.way2quit.com

Services offered: telephone quit lines

Campaign for Tobacco Free Kids

www.tobaccofreekids.com

Services offered: quit kits and telephone quit
lines

Hance Family Chiropractic Care

989-366-3000

Houghton Lake, Michigan

Services offered: Contact provider

Michigan Department of Community Health Tobacco

1-800-QUIT-NOW

www.michigan.gov/tobacco

Services offered: quit kits and telephone quit lines

National Cancer Institute

1-877-448-7848

www.cancer.gov/cancertopics/smoking

Services offered: quit kits and online programs

National Partnership to help pregnant smokers quit

www.helppregnant smokers.quit.org

Services offered: quit kits

1016 Recovery Network

www.1016.org

Services offered: FREE tobacco education sessions (including some cessation information) for adolescents ages 12 – 18 in Clare, Gladwin, Isabella and Osceola Counties.

Call: (989) 802-0742 – Clare County

(989) 426-8886 – Gladwin County

(989) 773-9655 – Isabella County

(231) 527-2000 – Osceola County

Weugyi Zhao MD, PhD (Neurologist)**Judy Zhao (Acupuncturist)**

Services offered: consultation and acupuncture; call for appointments, fees and insurance information

Call: (989) 779-5260

1201 South Drive, Suite 371

Mt. Pleasant, MI 48858

National Network of Tobacco Cessation Quit lines

1-800-784-8669

Services offered: Group classes

National Tribal Tobacco Prevention

www.tobaccoprevention.net

Services offered: quit kits and telephone quit lines

Chantix®

Services offered: Free month (28 days) supply to first time users; \$30 off a refill for current users; applies to both insured and uninsured. See website for more details.

www.chantix.com – free trial offer (expires 12/31/10)

Mid Michigan Health

www.midmichigan.org/quit

Services offered: one-on-one cessation programs in Clare and Gladwin.

Call (989) 802-5111 or (989) 246-6291 for more information.

Nimkee Memorial Wellness Center

Services offered: tobacco cessation and education

(Services provided for Nimkee Medical Clinic users only)

Call (989) 775-4639 for more information.

BreakFree Laser

www.breakfreelaser.com

Services offered: laser therapy

Call: 1-888-448-7848

4912 West Saint Joseph

Lansing, MI 48917

** Refer to the *Quit Tobacco Resources* list from the Michigan Department of Community Health for more detailed information about state and national resources listed here.

These tobacco cessation/education resources were compiled by the Michigan Department of Community Health and Central Michigan District Health Department for information purposes only. Please talk with your medical provider for more information on how to quit smoking.

Revised 6/14/10, 9/14/10, 11/1/10