

Start Here to Stop Smoking

What Method is Best?

**** Counseling and Medication

*** Medications

** In-Person Counseling and Support

** Nicotine Replacement Therapy (NRT)

* Web-Based/Telephone Support

* Self-Help Materials


KEY

**** = Best

*** = 2nd Best

** = 3rd Best

* = 4th Best

Who	What	Information	Cost
Inland Northwest Health Services (INHS) Community Wellness 509.232.8138 wellness@inhs.org	<ul style="list-style-type: none"> Nicotine Replacement Therapy (NRT)[†] Live and interactive web-based counseling and support Self-help materials 	Quit for Good is a FREE four week tobacco cessation class as well as education and resources. FREE NRT when not covered by insurance. Class times and location at: https://courseregistration.inhs.org/Home/Course/907	[†] Class is FREE . FREE NRT available when not covered by insurance while supplies last.
Providence Pharmacotherapy Clinic Holy Family: 509.482.3057 Sacred Heart: 509.474.2232	<ul style="list-style-type: none"> In-person counseling and support[†] Medication Self-help materials[†] 	One-on-one counseling with a pharmacist for tobacco cessation including personalized quit plans, goal setting, support, and medication prescribing. Specialized tobacco cessation SCRIPT program available for pregnant women.	[†] Depends on insurance. Office visits free for those who qualify.
Washington State Quit Line 800 QUIT-NOW doh.wa.gov/YouandYourFamily/Tobacco/HowtoQuit *Submit a complaint: insurance.wa.gov/file-complaint-or-check-your-complaint-status	<ul style="list-style-type: none"> Telephone counseling and support Nicotine Replacement Therapy (NRT) Self-help materials 	Private insurance? Most plans cover tobacco cessation counseling and nicotine replacement therapy with no out-of-pocket costs. Call 800 QUIT-NOW to see if your plan is one of approximately 100 plans serviced by the quitline or call your insurance carrier to learn about plan benefits. <i>Individuals with a non-grandfathered plan who are denied cost-free access to telephone counseling for tobacco cessation – a preventive service under the Affordable Care Act – should submit a complaint to the Washington State Office of the Insurance Commissioner.*</i>	[†] Depends on insurance
 Daniel 8 years quit		Enrolled in Washington Apple Health (Medicaid)? Call 800 QUIT-NOW and have your insurance card ready. Your plan should cover multiple calls at 12 weeks of medication. Note: If you have Coordinated Care, call 866.274.5791 instead.	FREE
		Uninsured, or insurance doesn't cover telephone counseling (includes Medicare)? Call 800 QUIT-NOW. You will receive at least five calls with a Quit Coach to set up a quit plan to help you quit or stay quit. You may be eligible for two weeks of free nicotine replacement gum or patches, as supplies last. Youth ages 13-17 and women who are pregnant, planning to become pregnant, or breastfeeding can call the Quitline and receive specialized counseling (but no NRT), regardless of insurance status.	FREE

Sometimes it takes quitting 7-10 times before quitting for good.

Keep trying.

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3rd Millennium Classrooms web.3rdmil.com	<ul style="list-style-type: none"> • Web-based cessation program 	3 rd Millenium Classrooms is an evidence-based prevention and cessation program for youth.	<i>Licenses available per student or per school</i>
American Cancer Society 866.784.8454 866 QUIT-4-LIFE quitnow.net	<ul style="list-style-type: none"> • Telephone counseling and support[†] • Medication • Nicotine Replacement Therapy (NRT) • Self-help materials 	Enroll online or by calling 866 QUIT-4-LIFE . Have insurance card ready.	[†] <i>Depends on insurance</i>
American Lung Association in WA Lung Helpline & Tobacco Quitline: 800 LUNG-USA <i>Hearing Impaired:</i> 800.501.1068 Monday - Friday, 5:00 a.m. - 7:00 p.m. Weekends, 7:00 a.m. - 3:00 p.m. <i>(Pacific Time)</i> lung.org	<ul style="list-style-type: none"> • Telephone counseling and support • Self-help materials 	Registered nurses, respiratory therapists and tobacco cessation counselors assist in 250+ languages on various lung health topics. Free, unlimited calling. Callers can also access Freedom From Smoking Self-Help Guide for Adult Tobacco Cessation by calling 800 LUNG-USA .	FREE
	<ul style="list-style-type: none"> • Web-based cessation program • Telephone counseling and support 	Freedom From Smoking Plus is a self-paced and customized online tobacco cessation program with access to an online support community.	\$99.99
American Lung Association Not On Tobacco® (NOT) group lung.org/stop-smoking/helping-teens-quit/not-on-tobacco.html	<ul style="list-style-type: none"> • Web-based program • Self-help materials 	Not On Tobacco® is a proven teen smoking and vaping cessation program.	FREE
BecomeAnEx becomeanex.org/prepare-to-quit	<ul style="list-style-type: none"> • Web-based cessation program 	BecomeAnEx provides FREE professional advice, a supportive community, and a tailor-made quit plan.	FREE
CATCH My Breath catch.org	<ul style="list-style-type: none"> • Web-based cessation program 	CATCH My Breath is a best-practices youth e-cigarette and JUUL prevention program. The program provides information to teachers, parents, and health professionals to equip students with knowledge and skills through a peer-led teaching approach.	FREE <i>for US schools only</i>
DitchJuul Text "DitchJuul" to 88709	<ul style="list-style-type: none"> • Web-based cessation program • Telephone counseling and support (text message program) 	DitchJuul is a text-based program that can help teens quit vapor products. Young adults can sign up with a simple text to the program.	FREE
Federal Smoke Free Resources smokefree.gov	<ul style="list-style-type: none"> • Web-based cessation program • Telephone counseling and support (text message program) 	Smoke Free Teen teen.smokefree.gov	FREE
		Smoke Free Women women.smokefree.gov	
		Smoke Free Veterans smokefree.gov/veterans	
		Smoke Free 60+ 60plus.smokefree.gov	
		Smoke Free Español espanol.smokefree.gov	

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National Alliance for Tobacco Cessation becomeanex.org lung.org	<ul style="list-style-type: none"> • Web-based cessation program 	The EX Plan is a FREE quit smoking program, one that can show you a whole new way to think about quitting. It's based on personal experiences from ex-smokers as well as the latest scientific research from the experts at Mayo Clinic.	FREE
Nicotine Anonymous 509.220.6371 nicotine-anonymous.org jdsara@gmail.com	<ul style="list-style-type: none"> • Virtual counseling and support • Self-help materials 	Wednesdays at 3:30 p.m. Zoom Meeting ID: 292075037, Password: 032313 Fridays at 5:30 p.m. Zoom Meeting ID: 934785369, Password: 092991	FREE
Teen Link 866 TEEN-LINK teenlink.org	<ul style="list-style-type: none"> • Telephone counseling and support 	Teen Link is a FREE hotline for teens. Trained volunteers available evenings from 6:00 - 10:00 p.m.	FREE
US Department of Veterans Affairs mobile.va.gov/app/stay-quit-coach	<ul style="list-style-type: none"> • Web-based cessation program (smart phone app) 	Stay Quit Coach is designed to help veterans quit smoking. It provides readily-available support and information for adults who are already in treatment to quit smoking. The program includes motivational messages and support contacts to help users stay smoke-free.	FREE
Washington Department of Health 2Morrow Health™ App doh.wa.gov/quit	<ul style="list-style-type: none"> • Web-based cessation program (smart phone app) 	2Morrow Health™ is an evidence-informed smoking cessation program that is three times more effective than trying to quit on your own. It can be used with or without nicotine replacement therapy. The program is delivered via a smartphone app, so it is private, easy to use and always within reach. FREE to Washington state residents.	FREE
Washington State Recovery Helpline 866.789.1511 warecoveryhelpline.org	<ul style="list-style-type: none"> • Telephone counseling and support 	Recovery is a FREE hotline available 24 hours a day for those struggling with substance use.	FREE

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