

Quit Tobacco Options

Maryland Quitline (1-800-Quit-Now or 1-800-784-8669) FREE

FREE 24/7 phone support to assist people in Maryland in the quitting process. Telephone counseling typically consists of four sessions by a trained Quit Coach®. The program offers nicotine replacement therapy- Nicotine patches and/or gum. The Quitline offers specialized services for the deaf or hard of hearing: 1-877-777-6534.

Along with the telephone program the Quitline also has a free website: www.smokingstopshere.com. Once enrolled, Quitline callers may sign up for access to the FREE Web Coach® which includes: web account access, Coaching Emails, and discussion forums with other callers.



New this year: Text "READY" to 200-400 for text support while quitting.

Virtual Quit Tobacco Classes starting in January 2021 CCHD FREE

Calvert County Health Department conducts eight-week classes via google meet. One hour a week for eight weeks. Free medication aids; Varenicline, Bupropion XL, and all nicotine replacement therapies. Group support. Learn about your smoking habit so you are more able to have success with quitting.

Individual Quit Tobacco Sessions; virtual, telephone, or in person FREE

Individual classes with program nurse for 30-45 minutes via virtual, telephone, or in person at **Calvert County Health Department**. Four to six classes. Free medication aids as above.

For more information or to register for group or individual classes, please visit: www.CalvertHealth.org or contact Jane E. Dodds, Community Health Nurse, Calvert County Health Department

Jane.dodds@maryland.gov 410-535-5400 ext. 359.

Paid for by the Cigarette Restitution Fund of Maryland



Freedom From Smoking Plus Program (Freedomfromsmoking.org) \$99.95

Nine interactive sessions to be completed over a six-week period to prepare you for your Quit Day and help you stay smoke free for good. Plus, 12 Months of unlimited access to the Freedom From Smoking® online program, available 24/7 on your computer, tablet and smartphone.

Live telephone and chat support from the quit-smoking specialists at the Lung Helpline. 1-800-LUNGUSA or 1-800-586-4872. The Freedom From Smoking Plus program has an online community. <https://www.inspire.com/groups/freedom-from-smoking/>

