

## University of Michigan-Flint Becoming Tobacco-Free Resources

### **MHealthy Tobacco Consultation Services**

Tobacco treatment programs for faculty, staff and students

1-800-537-5666

<http://hr.umich.edu/mhealthy/programs/tobacco/>

### **Genesee County Health Department (GCHD)**

Information on how to quit smoking and methods

<http://www.co.genesee.ny.us/departments/health/quitsmoking.html>

### **GCHD Smoke-free, Multi-Agency, Resource Team (SMART)**

The SMART Coalition is a group of agencies dedicated to reducing tobacco use and involuntary exposure to secondhand smoke in Genesee County. Includes links to Smoke-free Dining Guide and a list of smoke-free apartments.

[http://www.gchd.us/services/tobacco\\_use\\_licensing\\_and\\_reduction\\_programs/smart\\_program.php](http://www.gchd.us/services/tobacco_use_licensing_and_reduction_programs/smart_program.php)

(810) 341-5898

### **Michigan Tobacco Quit Line**

Free Telephone Counseling and Nicotine Patches for Eligible Enrollees

Call the quit line or enroll on-line at the link listed below

(800) QUIT-NOW

1-800-480-7848

<http://tweet2quit.merage.uci.edu/#>

### **State Quitline Number**

Provides toolkit and tobacco treatment resources

1-800-537-5666

### **Medicaid**

Many Medicaid programs cover the nicotine patch and nicotine gum.

Call 1-888-367-6557 or visit The MDCH Medicaid Page.

### **National Cancer Institute**

On-line Resources/Quit Smoking Support

[www.smokefree.gov](http://www.smokefree.gov)

Quit Smoking Support for Women

[www.women.smokefree.gov](http://www.women.smokefree.gov)

Quit Smoking Support for Teens

[www.teen.smokefree.gov](http://www.teen.smokefree.gov)

or text QUIT to iQUIT (47848)

### **American Lung Association**

Internet-based stop smoking counseling

Freedom From Smoking (On-Line)

[www.ffsonline.org](http://www.ffsonline.org)

### **American Lung Association**

Free Telephone Counseling & Lung Health Issues

(800) 548-8252