

Calhoun County Tobacco Cessation Resources

Local Resources

Community HealthCare Connections

Prescription Drug Access Program – Chantix
(269) 969-6494

FreshStart Smoking Cessation Class

Free – call for schedule of four-time sessions

- Bronson Battle Creek
(800) 451-6310 or bronsonhealth.com/classes
- Oaklawn Hospital
(269) 789-7937

Tobacco Cessation 101 Class

Free – call for schedule of one-time session

- Bronson Battle Creek
(269) 245-8438

Michigan Dept. of Health & Human Services

www.michigan.gov/tobacco

Michigan Tobacco Quit Line

(800) QUIT-NOW

<https://michigan.quitlogix.org/>

Your Healthcare Provider

Mobile Phone Apps

For Apple Devices

- LIVESTRONG MyQuit Coach
- QuitGuide
- Quit It Lite
- My Last Cigarette Free
- QuitSTART

For Android Devices

- Quit Smoking
- Quit Smoking: Cessation Nation
- QuitSTART
- QuitNow!
- SmokeFree, Stop Smoking Help

Texting Service - Smokefree Txt

smokefree.gov/smokefreetxt/

National Resources

American Cancer Society

(800) 227-2345

www.cancer.org

American Lung Association

Freedom from Smoking Online Program

www.ffsonline.org

Become an Ex

www.becomeanex.org

National Cancer Institute

(877) 44U-QUIT (Quitline)

www.cancer.gov

www.smokefree.gov

Nicotine Anonymous

Internet Meetings

<https://nicotine-anonymous.org/internet-meetings.html>

Phone Meetings

<https://nicotine-anonymous.org/phone-meetings.html>

US Dept. of Health & Human Services

www.surgeongeneral.gov/tobacco

www.cdc.gov/tobacco/quit_smoking

Alternative Therapies

A Amy Hypnotherapy

(269) 963-2333

Health and Energy Acupuncture

(269) 962-2836

<http://www.acupunctureinfo.net>

Oaklawn Hospital Hypnotherapy

(269) 781-9119

For more information, contact: Calhoun County Public Health Department, (269) 969-6393