

# QUIT TIPS

- Remove ashtrays and matches.
- Drink lots of water.
- Break the smoking cycle. Don't sit around after you eat— brush your teeth.
- Find a quitting partner.
- Begin a new hobby.
- Substitute with sugar free gum, hard candy, raw vegetables.
- Put the money you save to good use.

**Don't be discouraged.**

You **CAN** do it.

It took years to become a smoker. Don't expect to become an ex-smoker overnight.



**Washtenaw County  
Public Health Department**

555 Towner  
P.O. Box 915  
Ypsilanti, MI 48197-0915  
(734) 544- 6700  
health@ewashtenaw.org  
<http://publichealth.ewashtenaw.org>

# Want To Quit?



**Help is Available  
Smoking Cessation  
Programs and  
Resources in  
Washtenaw County**

# Smoking Cessation Programs and Resources

Michigan Department of  
Community Health  
"I Can Quit"

Telephone Coaching Program  
**Quit Line: (800) 480-QUIT (7848)**

For those who are ready to set a quit date  
**FREE** counseling/NRT for smokers without  
insurance or those with a Medicaid plan that  
does not cover cessation services.

Eastern Michigan University  
Health Services  
Snow Health Center, Top Floor  
Ypsilanti, MI 48197  
(734) 487-2226  
[www.emich.edu/uhs](http://www.emich.edu/uhs)  
Services:

- Pamphlets on tobacco, smoking, chew
  - Quit Kits
  - In class presentations
- Tobacco Cessation (individual and /or  
group when appropriate)
  - Counseling Services

Programs and services are offered free of  
charge to EMU students and staff.

Washtenaw Community College  
(734) 973-3436

Services: Each semester (Fall and Win-  
ter) there is a 7-week long class free to  
WCC students and staff.

Washtenaw County Public  
Health

555 Towner/Human Services 1  
Ypsilanti, MI 48197  
Tobacco Reduction Coordinator  
(734) 544-6874

Services: Celebrate the Effort– a  
community- based education program to  
assist those thinking of quitting smoking,  
Smokers Quit Kits, and other tobacco  
education/prevention materials.

Free Smoker's Quit Kit  
Health Promotion Clearinghouse  
(800) 353-8227 or  
[www.michigan.gov/mdch](http://www.michigan.gov/mdch)

University of Michigan Health  
System: Tobacco Consultation  
Service

300 N. Ingalls, Rm N12D19  
Ann Arbor, MI 48109-0430  
(734) 936-5988

[www.med.umich.edu/mfit/tobacco](http://www.med.umich.edu/mfit/tobacco)  
Services: General and worksite based  
support groups, individual consultation.  
Free to people with MCare, Care Choices,  
and UMHS employees. Also free to UMHS  
patients with U of M physician referral. All  
others \$100 for 7-week session.

American Lung Association  
[www.lungusa.org](http://www.lungusa.org)  
"Freedom From Smoking" free online  
smoking cessation program.

U.S. Department of Health and  
Human Services  
You Can Quit Smoking Now  
[www.smokefree.gov](http://www.smokefree.gov)  
National Quitline Number:  
1-800-QUITNOW

Boston University On-line  
Smoking Cessation Website  
[www.quitnet.com](http://www.quitnet.com)

Keeps track of how much lifetime and  
money you are saving by quitting.  
Provides expert advice by experienced  
counselors. Provides assessments to  
community forums and on-line support  
groups.

American Cancer Society  
(800) 227-2345 (press 3)  
Services: Can provide information and  
resources based on smoker's location  
and insurance provider.

