

Tobacco Cessation Resources Trumbull County

Agency: Trumbull County Combined Health District
Service: Baby and Me–Tobacco Free

Contact: Trumbull County Health Department
Phone: 330-675-2489
Address: 176 Chestnut Ave. NE, Warren, OH 44483
(about a 13-minute drive from Trumbull campus)

Description of Service: The Trumbull County Combined Health District offers Baby and Me–Tobacco Free, a program for pregnant women that want to quit smoking. If the mother successfully completes the program and stays tobacco-free after giving birth, the health department provides a monthly voucher for free diapers every month she stays tobacco-free for up to 12 months!

Eligibility: Newly pregnant women that use tobacco
Cost: Free for Trumbull County residents

Agency: Mercy Health
Service: Mercy Health Regional Tobacco Treatment Centers

Contact: Mercy Health Regional Tobacco Treatment Centers
Phone: 330-306-5010 (toll free 1-877-306-5010)
Website: http://www.mercy.com/youngstown/hmhp_tobaccotreatment.aspx
Address: 1296 Tod Avenue, NW Suite 205, Warren, OH 44485
(about an 8-minute drive from Trumbull campus)

Description of Service: Mercy Health's Regional Tobacco Treatment Centers offer 10 weekly sessions over 5 weeks of evidence-based treatment program that incorporates a holistic approach toward recovery from nicotine dependency.

Eligibility: Anyone 18 years of age or older is eligible
Cost: Free

Additional Information: There is another Mercy Health Regional Tobacco Treatment Center in Youngstown: Saint Elizabeth Health Center, 1044 Belmont Ave, Youngstown, OH 44504

More Tobacco Cessation Resources

Ohio Department of Health

The Ohio Department of Health offers many tobacco prevention and cessation resources on their website:

<http://www.odh.ohio.gov/odhprograms/eh/quitnow/Tobacco/TobaccoHome/Tobacco.aspx>

This includes a list of local tobacco cessation programs available in each Ohio County:

<https://www.odh.ohio.gov/en/odhprograms/eh/quitnow/Tobacco/Cessation/localprograms.aspx>

The Ohio Tobacco Quit Line

The Quit Line is provided by the Ohio Department of Health is free and available to all Ohio residents regardless of insurance standing. Eligible callers can receive two weeks of free nicotine replacement therapy.

Call **1-800-QUIT NOW (784-8669)** or log on to <http://ohio.quitlogix.org>

CVS MinuteClinic

CVS MinuteClinics offer a smoking cessation program called Start to Stop that provides face-to-face counseling with a nurse practitioner. The nurse practitioner will review lifestyle factors, goals, and physical health and then create a customized smoking cessation plan that could include over-the-counter nicotine replacement therapy or another prescription. The program usually includes 4-7 nurse practitioner visits. MinuteClinics are located in many local CVS pharmacies, and they accept most insurance plans. Locate your nearest CVS MinuteClinic here:

<https://www.cvs.com/minuteclinic/clinic-locator>

Tips from Former Smokers

Tips from Former Smokers is the first federally funded national media campaign on smoking cessation in U.S. history. The campaign is organized by the Centers for Disease Control and Prevention and its website offers numerous free tobacco cessation resources:

<http://www.cdc.gov/tobacco/campaign/tips/>

American Cancer Society

To speak to a quit specialist, call **1-800-227-2345** or read the online Guide to Quitting Smoking:

<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index?ssSourceSiteId=null>

Truth Initiative's EX Plan

The EX Plan is a free quit smoking program that helps you re-learn life without cigarettes. The website offers a personalized free plan to quit as well as access to a virtual community and various mobile formats: <http://www.becomeanex.org/>



American Lung Association

Freedom from Smoking Online is the American Lung Association's adult cessation program in web format: <http://www.ffsonline.org/>

National Cancer Institute

Find tobacco cessation resources and guidance at <http://www.smokefree.gov/> and sign up for their free mobile texting service here: <https://smokefree.gov/tools-tips/smokefreetxt>

Nicotine Anonymous

Find a meeting close to your neighborhood: <http://www.ohio-nica.org/meetings.html>

American Heart Association

The American Heart Association provides a multitude of tobacco cessation resources on their website: [http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/Quit-Smoking UCM 001085 SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/Quit-Smoking_UCM_001085_SubHomePage.jsp)

Additional online resources:

<https://www.planmyquit.com/>

<https://www.get-quit.com/>

<http://www.quit4good.com/>

<https://www.quitnet.com>

This is an internal document created by the Division of Human Resources. For additional information, please visit <http://www.kent.edu/hr/benefits/smoking-cessation-resources-ready-quit>

