

Quit Tobacco

Resources

What you need to know to free yourself from nicotine addiction in Lane County, OR

1. Empower yourself: YOU are your BEST resource



"Quitting smoking was the best thing I ever did for myself."

- Smoking or using tobacco provides the opportunity to do the best thing you can do for yourself - quit.
- You are your greatest resource available for quitting tobacco. Though you can increase your chances of success with professional help, the majority of people who have quit, quit on their own.
- If you decide to quit on your own, avoid people, places, activities, and routines that trigger your desire to smoke or use tobacco.
- Tell your friends and family what you are doing and ask for their support.
- Exercise or do other activities to help maintain a positive attitude. Examples include dancing, playing music, biking, knitting, etc.

2. Seek resources in Lane County



- Ask for help to quit from any of your caregivers (doctor, therapist, nurse practitioner, addiction treatment specialist, dentist, nurse, etc.) If they don't offer treatment for tobacco or nicotine, ask them to.
- Reach out to one of the many caregiving organizations in Lane County that have people with special training as Tobacco Treatment Specialists. See a list at: <http://www.preventionlane.org/tobacco-treatment-specialists-in-lane-county>
- Medicaid, Medicare, the Health Insurance Marketplace and private insurance in Oregon are required to offer tobacco cessation benefits. Ask your health insurance about your cessation benefit coverage.
- The Oregon Heart and Vascular Institute at PeaceHealth-Riverbend offers the Options Tobacco Cessation Program. Call 541-222-7442.
- Quit Tobacco in Pregnancy Program (QTIP) is available for free at Lane County Public Health. Call 541-682-4440 to make an appointment. Participants will receive gifts such as diapers, gift cards, and other items.

3. Call or go online



- Oregon Tobacco Quit Line: www.quitnow.net/oregon/
1-800-QUIT-NOW (1-800-784-8669)
Español: 1-855-DEJELO YA (1-855-335 35692)
TTY: 1-877-777-6534
- Become an EX: www.becomeanex.org
- Smokefree.gov: www.smokefree.gov
- Other Quitting Tobacco Resources:
<http://www.preventionlane.org/quitting-tobacco>

4. Contact us at Lane County Public Health

For more information, contact the local Tobacco Prevention Coordinator:
Christy Inskip, MPH, CHES
Christy.Inskip@co.lane.or.us
541-682-8770



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