

Smoking Cessation Opportunities in Washoe County

1-800-QUIT-NOW (Nevada Tobacco Users Helpline)

1-800-QUIT-NOW or 1-888-866-6642 Phones answered M-F 10 am – 9 pm, Sat. 10 pm - 2 pm Provides confidential and individualized telephone based nicotine dependence treatment, in both English and Spanish. All services are free and some may also qualify for their medication assistance program. www.livingtobaccofree.com/home.html

American Lung Association - Freedom From Smoking

(775) 829-5864 Eight sessions, one hour per week, group format provides education, decision-making tools, cessation strategies, withdrawal coping behaviors, and relapse prevention choices to support and guide people through the process of replacing smoking habits with healthy actions. Call for pricing information. Also available online for free at www.ffsonline.org

American Lung Association – N-O-T (Not On Tobacco) – Smoking cessation for teens

(775) 829-5864 Ten session, one hour per week, group format with diverse education and support in tobacco cessation and reduction strategies, daily life management skills, and coping with stress and interpersonal pressures. Also provides booster sessions for ongoing support. This program is free of charge and is normally provided at a school site. www.lungnevada.org/reno/not_main.htm

www.BecomeAnEx.org

Relearn your life without cigarettes. This website is designed to walk you through quitting with helpful hints, developing a quit plan, and tools to be successful. There is no charge for this website and it is funded by non-profit public health groups.

Renown– Quit Tobacco Program

775-982-5073 Program meets once a week for four weeks. Provides a support group environment and individualized instruction for each participant. The program includes 2 Pulmonary Function tests, which measure lung capacity. The first test is performed at the start of the program and the second test is offered 6 months after the participant stops smoking. Class starts the first Tuesday of each month. There is a \$250.00 charge for this program. Insurance may cover some or all of the cost. <http://www.renown.org/homepage.cfm?id=1593>

Saint Mary's - Breathe Easy

775-770-7100 for registration or 775-770-6210 for more information. This program will help you recognize your tobacco triggers, create an individualized quit plan, and teach behavior modification/stress management techniques to prevent relapse. It is taught by a registered nurse whom is a Mayo Clinic-certified tobacco treatment specialist and Certified Health & Wellness Coach. The class consists of five, 90-minute classes and has had an ongoing support group for the past 5 plus years that meets throughout the year. Cost is \$95.00 for the community; \$25 for HealthFirst/Health Choice members, Saint Mary's employees/volunteers. We offer telephonic coaching as well; call for cost. <http://www.saintmaryshealthplans.com/wellness/breathe.php>