

Smoking Cessation: Where to Go For Help

Keep in mind that counseling and medication are both effective for treating tobacco dependence, but using them together is more effective than using either one alone.

Resources available at the University of Southern Mississippi:

- Moffitt Health Center
 - (601) 266-5390
 - If you schedule an appointment to discuss smoking cessation with a provider at the clinic, there will be no charge for your visit. If other complaints or medical issues are discussed, a standard provider fee will then be applied. The visit has to address tobacco cessation **only** to qualify for no charge.
 - Chantix and Zyban are available at the pharmacy and have no copay with most insurance plans

Resources available through the state of Mississippi:

- Mississippi Tobacco Quitline
 - 1-800-QUITNOW or <http://www.quitlinems.com>
 - Monday-Thursday 7:00 a.m. – 9:00 p.m.
 - Friday 7:00 a.m. – 7:00 p.m.
 - Saturday 9:00 a.m. – 5:30 p.m.
 - Free support over the phone or online
 - 8 weeks of free nicotine replacement therapy (gum and patches) is available for eligible members
 - 18+ years old
 - Agree to enroll and actively participate in the support program
 - Be ready to quit within 30 days
- Mississippi State & School Employees' Life & Health Plan
 - One-on-one telephone coaching
 - (866) 939-4721
 - Provides information, guidance, and support
 - 8 weeks of free nicotine replacement therapy (patches and gum) may be available for eligible members
 - Digital coaching
 - www.MyActiveHealth.com/Mississippi

Resources available on the Coast:

- Memorial Hospital Tobacco Cessation Program
 - (228) 867-4022
 - Free 6-week program with classes meeting once a week (8:30 a.m., 11:00 a.m., or 5:30 p.m.)
- Wiggins
 - (601) 723-0404
 - MS Tobacco Free Coalition of George, Greene, and Stone Counties offers cessation to anyone wanting to quit

Resources available through the Department of Defense:

- Tricare beneficiaries
 - No cost for prescription and over-the-counter nicotine replacement therapy when filled through military pharmacies or Tricare pharmacy home delivery
 - Tobacco quitline
 - 1-877-414-9949
 - 24/7 support, including weekends and holidays
 - www.ucanquit2.org
 - Offers text messaging support, live chats, and a support locator
 - Freedom Quitline
 - 1-844-I-AM-Free
 - Offers telephone counseling and free nicotine patches or gum

Resources available online:

- National Cancer Institute
 - <http://smokefree.gov>
 - Build a personalized quit plan that includes:
 - Setting a quit date
 - Choosing reasons for quitting
 - Identifying smoking triggers
 - Preparing to fight cravings
 - Getting rid of smoking reminders
 - Quitting with extra help
 - Telling friends and family
 - Inviting a friend to quit with you
- American Lung Association's Freedom From Smoking
 - <http://www.ffsonline.org/>
 - Progress through modules and assignments
 - Basic program (available at no cost)
 - Premium program (3 months for \$15; 1 year for \$40)

- Includes access to the online community, message boards, Lung Help Line, and Ask an Expert

Mobile resources:

- SmokefreeTXT
 - Sign up at <http://smokefree.gov/smokefreetxt> OR send a text message with the word QUIT to 47848
 - Provides 24/7 encouragement, advice, and tips to help smokers quit smoking and stay quit
 - Allows for on-demand support messages by texting keywords at anytime
 - Must wait until you are within 14 days of your quit date
 - No fee for the service, although message and data rates may apply
 - You may opt out at any time by texting STOP to 47848

Apps:

- quitSTART
- Quitter's Circle
- Quit Guide

Social media:

- Facebook
 - Smokefree Women
 - Quit Tobacco—UcanQuit2.org (DoD)
 - Truth initiative
 - CDC Tobacco Free
- Instagram
 - smokefreeUS
 - UcanQuit2

Pharmaceutical company resources:

- Chantix/Pfizer
 - 1-866-706-2400
 - www.chantix.com
 - www.pfizerrxpathways.com
 - Covered by most insurance plans at no cost but assistance is available through Pfizer if you need assistance